










Stretching for Runners / Cyclists

<p>1. Hip flexor stretch 02633</p> 	<p style="text-align: center;">Hold each leg for 45sec 2-3 Sets</p>
<p>2. Hamstrings stretch 02561</p> 	<p style="text-align: center;">Hold each leg for 45sec 2-3 Sets</p>
<p>3. Tensor fascia late stretch 02636</p> 	<p style="text-align: center;">Hold each leg for 45sec 2-3 Sets</p>
<p>4. Hamstrings gluteal stretch 02593</p> 	<p style="text-align: center;">Hold each leg for 45sec 2-3 Sets</p>
<p>5. Tensor fascia late stretch 02637</p> 	<p style="text-align: center;">Hold each leg for 45sec 2-3 Sets</p>
<p>6. Quadriceps stretch 02624</p> 	<p style="text-align: center;">Hold each leg for 45sec 2-3 Sets</p>
<p>7. Torso rotation gluteal stretch 02634</p> 	<p style="text-align: center;">Hold each leg for 45sec 2-3 Sets</p>

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