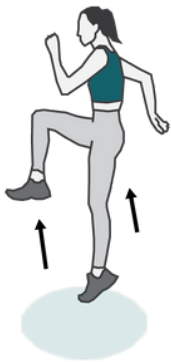
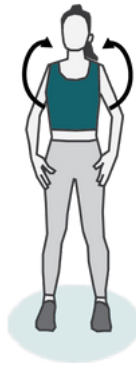


# Runner's Warm Up

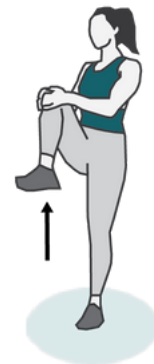
Optimize your running performance! Warming up before going for a run is important to awaken your muscles and reduce your chance of injury. Rotate through these quick warmups for around 5 minutes before starting your run.



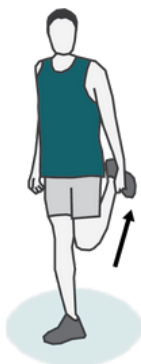
**Forward Skip**



**Shoulder Rolls**



**Knee to Chest**



**Heel to Butt**



**Forward Lunges**



**Knee Circles**