

RUNNING ROPE STRETCHES

(AFTER EVERY RUN)

STRETCH #1: BENT LEG HAMSTRING

Lie on your back with both knees bent and your feet flat on the floor. Make a loop from the rope and place the foot of the leg you're exercising into the loop. Lift your leg until your thigh is perpendicular to the floor. Grasp the ends of the rope with one hand and place the other on top of the thigh of the exercising leg to stabilize it. Gradually extend your leg by contracting your quadriceps, causing your foot to rise to the ceiling. The goal is to lock your knee and have your foot at high noon. You may have to lower the angle of your leg from the hip at first. Use the rope for gentle assistance at the end of the stretch, but do not pull the leg into position.

Stretch #1



STRETCH #2: STRAIGHT LEG HAMSTRING

Lie on your back. Begin with your non-exercising knee bent and with that foot flat on the floor. Make a loop from the rope and place the foot of the leg you're exercising into the loop, locking the knee so the leg is extended straight out. From the hip and using the quadriceps, lift your leg as far as you can, aiming your foot toward the ceiling. Grasp the ends of the rope with both hands and "climb" the rope, keeping slight tension on it. Use the rope for gentle assistance at the end of the stretch, but do not pull the leg into position.

Stretch #2



STRETCH #3: GASTROCNEMIUS (Calves)

Sit with both legs straight out in front of you. Loop the rope around the foot of your exercising leg (still straight). From your heel, flex your foot back toward your ankle, using the rope for a gentle assist at the end of the movement.

Stretch #3



STRETCH #4: Piriformis

Muscles stretched: external rotators of hip including piriformis, tensor fascia latae, and iliotibial (IT) band. Lie on back with left leg moved inward across center line, foot pointed inward. Wrap rope around arch of right foot. With knee straight, contract quadricep, upper hip, and abdominals to (1) lift leg toward chest (see pic) and (2) bring leg across hips/body (to the left in this picture).

Stretch #4



STRETCH #5: HIP ADDUCTOR

Lie on your back with both legs extended straight out, looping the rope around the inside of the ankle, then under the foot, of the exercising leg, so the ends of the rope are on the outside. Lock that knee and rotate the other leg inward slightly. From your hip and using your abductors, extend your exercising leg out from the side of your body, leading with your heel. Keep slight tension on the rope and use it for gentle assistance at the end of the stretch. Do not pull the leg into position.



Stretch #5