

**Stretching: Shin Splints**

**1A)** Resisted Ankle Dorsiflexion > 30 Seconds. Each Ankle. Repeat x 3 (See Image W1:1A)

**1B)** Toe Stretch > 30 seconds. Repeat x 3 > Each Leg (See Image W1:1B)

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**2A)** Low Lunge Stretch > 30 seconds > Each Leg > Repeat x 3 (See Image W1:2A)

**2B)** Hip Raise with Heel Pull > 10 Reps. Repeat x 3 (See Image W1:2B)

(Start on your back with your feet flat on the ground.

The heels should be about hip distance apart and close enough that you can touch them with your middle fingers.

Place your elbows by your sides. Press down through your upper arms as you lift the hips.

Keep your feet firmly planted and begin to draw your heels back towards your hips.

Then, release the hips down.)

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**3A)** Forearm Plank > 45 seconds > Repeat x 3 (See Image W1:3A)

**3B)** Single Leg Balance > 30 seconds > Each Leg > Repeat x 3 (See Image W1:3B)

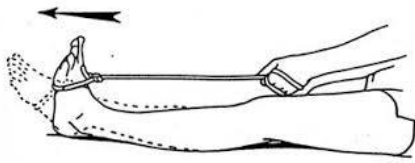


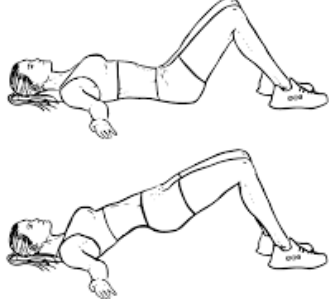
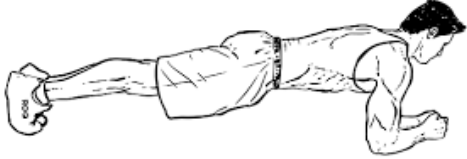
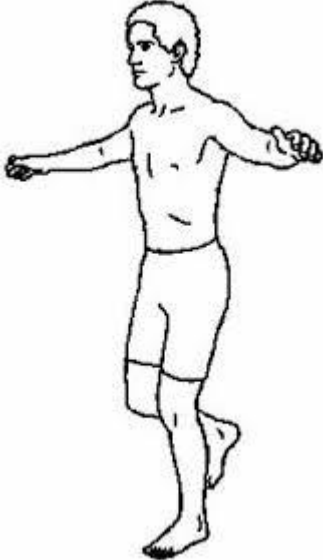
(Stand with your feet beneath you. Draw your right knee into your chest, standing tall and strong on your left leg. Once you find your balance, hold until you feel the bottom of your left foot begin to fatigue. Switch Feet and repeat.)

**3C)** Pigeon Pose Stretch > 1 Minute > Each Leg > Repeat x 3 (See image W1:3C)

(From your hands and knees, draw your right knee towards your right wrist.

Place your right shin on the floor and extend your left leg behind you.

Roll towards the front of your left thigh. To deepen the stretch, drop down onto your forearms or all the way down to your forehead. Stay in this stretch for up to one minute, and then switch sides.)

Stretch	Picture	Stretch	Picture
W1:1A		W1:1B	
W1:2A		W1:2B	
W1:3A	 <small>WorkoutLabs.com</small>	W1:3B	
W1:3C	