Before Running

Approximately 9 Minutes

1 — 30 seconds

2 — 15 seconds

3 — 20 seconds each leg

4 — 20 seconds each leg

5 — 20 seconds each leg

6 — 20 seconds each leg

7 — 30 seconds

8 — 30 seconds

9 — 15 seconds each side

10 — 20 seconds each leg

11 — 15 seconds each arm

12