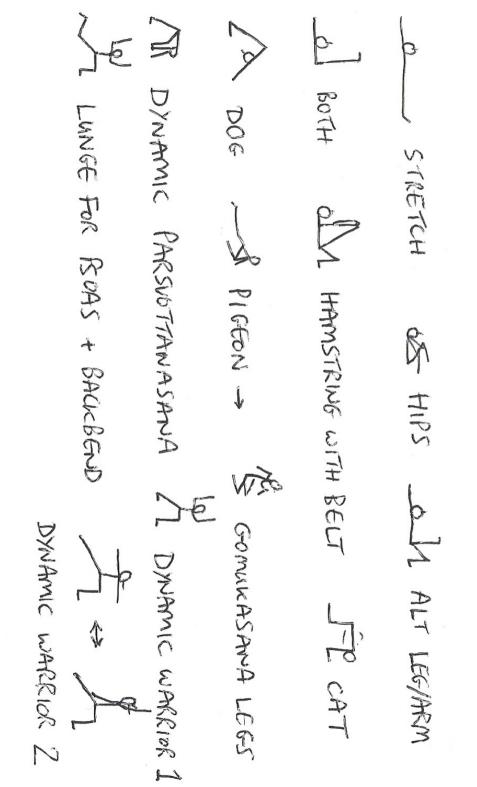


energy stored in contracted muscles that would otherwise dissipate in do not want to become too flexible or they lose the kinaesthetic "bounce" from extended to their full range of motion during the running step (different for sprinters and hurdlers). Short hamstrings are associated with lower back pain tight psoas. have good core strength, but may be over-tight in the abdomen and have a become tight due to limited arm movements which restrict ROM. They tend to especially knees and hips, even with good running shoes. Shoulders can stretched muscles. There is significant extra wear and tear on the joints, and poor posture, especially in seated positions. However, distance runners Runners develop short hamstrings and tight hips as the legs are never



JANU SIRSASANA

TO DENSER KONRESPO

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