

LEARN TO RUN. CHANGE YOUR LIFE.

NONE TO RUN CALF & HAMSTRING ROUTINE

Full Routine on YouTube



5-MINUTES

3-Way Hamstring Floss



3

reps per side

- Grip gently behind knee
- Relaxed head, neck, shoulders
- Should feel like a comfortable stretch

Bridge Iso With Heel Raise



10

reps

- Table top action with hips
- Get way up on tip toes if you can

All 4's Toe Rockback



10

reps

- Sit back
- Load through toes

Yoga Pike w/Knee Dip



5

reps per side

- Pike up
- Let knees dip inwards

Knees Bent Heel Raise



10

reps

- Try to get on tip toes
- Raise your entire body up and down

One Leg Heel Raise



5

reps per side

- Tall posture
- Arms straight
- Knee at hip height
- Get on tip toes on your standing leg

One Leg RDL w/Knee Drive



5

reps per side

- Stand on one leg
- Take a bow
- Slight bend at standing leg
- Press arms
- Kick leg back

High Knees



15s

repeat twice

- Pull toes right up through shoes
- Push down, pull up
- Keep elbows at sides



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