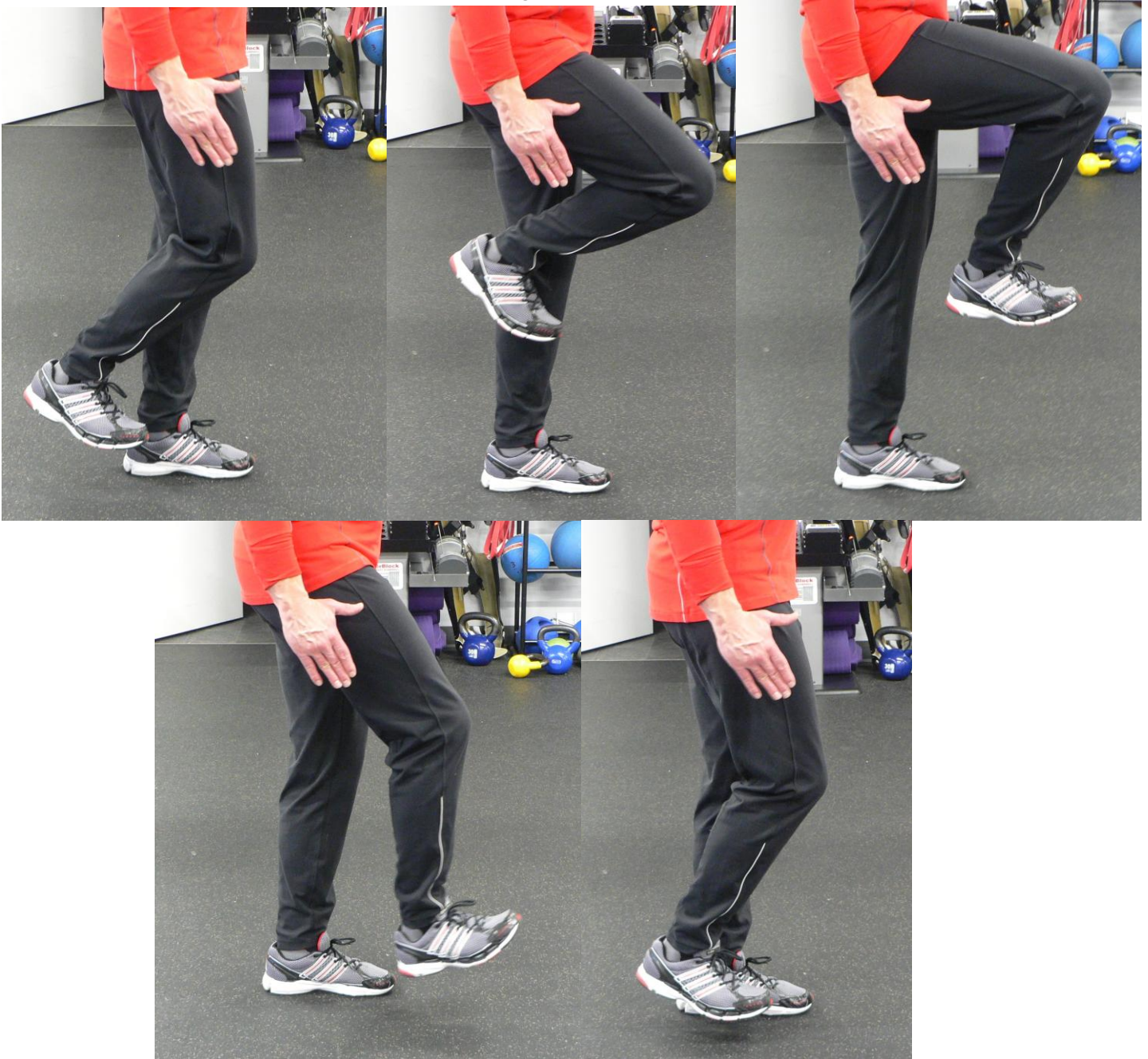


## 5. Running Locomotor Pattern



Try Doing 10/leg as part of your warm-up!