



Banff Sport Medicine
FOUNDATION

RUNNING WARM-UP

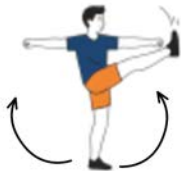
Your Last Injury Starts Here



Lunge



Hip Openers



Leg Swings



Leg Sweeps



Pogo Jumps



Learn how to reduce your risk of another injury.

Explore resources and recovery tips.



www.bsmfoundation.ca