

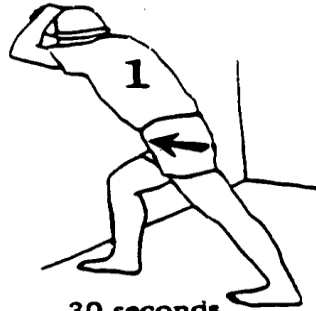


John P. Stevens  
**Hawks Soccer**  
2011

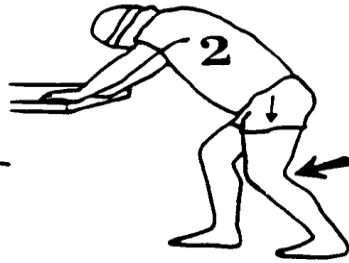
Before

# Running

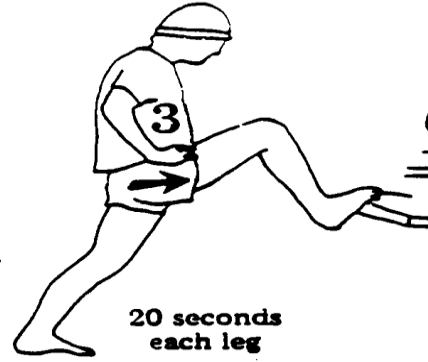
Approximately 9 Minutes



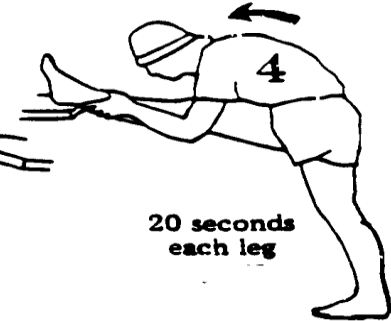
30 seconds  
each leg



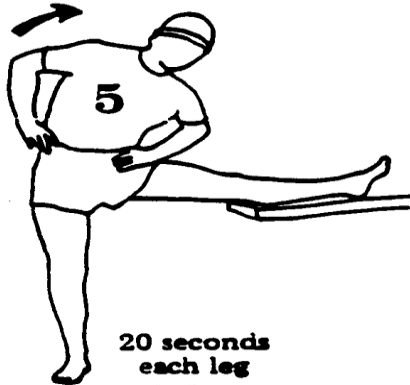
15 seconds  
each leg



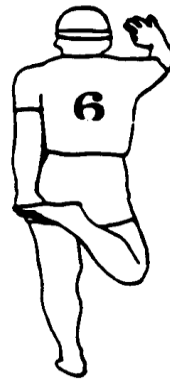
20 seconds  
each leg



20 seconds  
each leg



20 seconds  
each leg



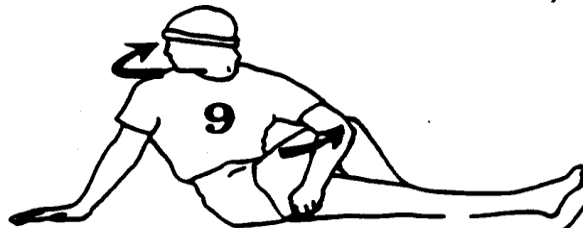
20 seconds  
each leg



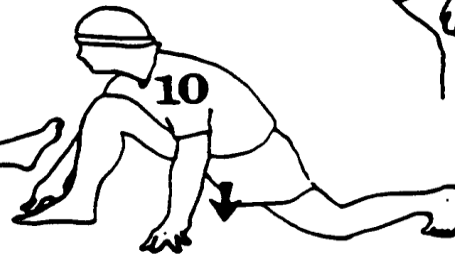
30 seconds



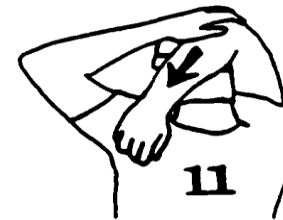
30 seconds



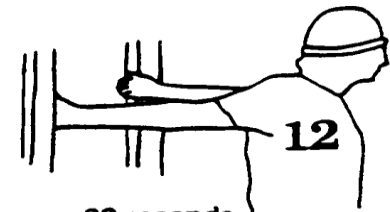
15 seconds  
each side



20 seconds  
each leg



15 seconds  
each arm



20 seconds