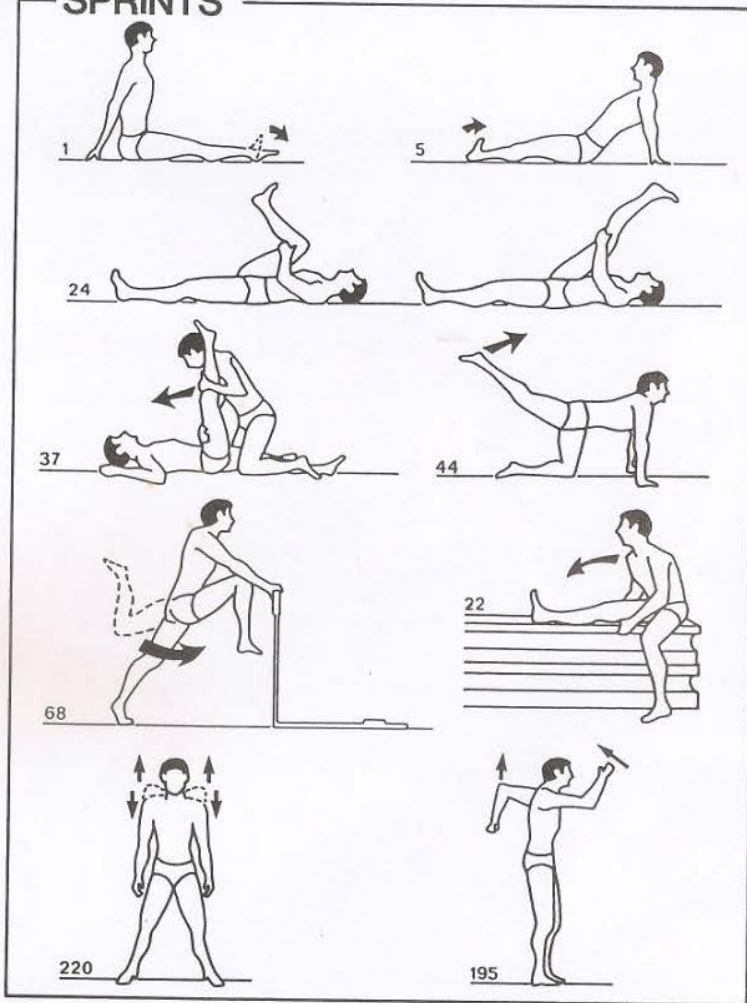


CHAPTER 5

SPECIFIC MOBILITY EXERCISES

A number of specific exercises for each of the track and field events are illustrated in the following pages.

SPRINTS



ENDURANCE

