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# EFFECT OF A REHABILITATION PROGRAM USING KT ADHESIVE TAPES AND REHABILITATIVE EXERCISES ON THE REHABILITATION OF WRESTLERS WITH PARTIAL TEARS OF THE MUSCLES SURROUNDING THE RIBS

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**Abstract**

Musculoskeletal injuries involving the muscles surrounding the ribs are among the common injuries experienced by Greco-Roman wrestlers. This can be attributed to the nature of wrestling performance, which requires direct physical contact and control of the chest and rib regions during the execution of wrestling holds and fundamental skills, including both offensive and defensive techniques. Such injuries may result in pain, reduced muscular strength, and restricted trunk movement, thereby adversely affecting the wrestler's technical and motor performance.

The significance of the present study lies in its contribution to the field of sports injury rehabilitation through the development of a comprehensive rehabilitation program for Greco-Roman wrestlers suffering from partial tears of the muscles surrounding the ribs. The study represents one of the relatively rare attempts to address this type of injury and may contribute to drawing the attention of specialists, coaches, and researchers to rib-region muscle injuries, which have received limited attention in previous studies and research. The study aimed to develop a rehabilitation program for wrestlers suffering from partial tears of the muscles surrounding the ribs and to investigate the effect of using adhesive tape

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and a rehabilitation program on pain intensity, muscular strength, and range of motion.

The researcher employed an experimental approach using a one-group pretest-posttest design, as it was considered appropriate to the nature of the study. The research sample consisted of eight wrestlers diagnosed with partial tears of the muscles surrounding the ribs.

Following statistical analysis of the research results, the main conclusion reached by the researcher was that the rehabilitation program, which incorporated adhesive taping and rehabilitative exercises, had a positive effect on the studied variables in the injured wrestlers and resulted in a substantial and rapid reduction in pain intensity.

**Keywords**: Rehabilitation Program; Adhesive Taping; Partial Tear of the Muscles Surrounding the Ribs; Wrestling.

## Introduction

### 1- Introduction and Importance of the Research:

Attempts to achieve high sporting accomplishments and reach international levels require intensive training programs and the use of various training methods and means over long periods. This places a burden on athletes' bodies and increases the likelihood of sports injury. Many athletes sustain injuries because of stress on the muscles, ligaments, and joints during training and performance, or through contact and collision with opponents.

Muscle injuries are among the most prevalent injuries in sport generally and wrestling in particular, given the essential role of muscles in producing movement and performing various skills in all sports and events. These muscles sustain tears of varying degrees because they are continually exposed to training loads during practice and competition, adversely affecting sporting performance.

Injuries to the muscles surrounding the ribs are common among Greco-Roman wrestlers. They arise from intense competition, pressure on the chest during performance, or errors in executing technical holds involving the chest.

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Wrestling performance requires direct contact and control of the chest and ribs when performing certain basic offensive and defensive holds and skills. These injuries cause pain, diminished muscular strength, and restricted trunk movement and thus affect a wrestler's technical and motor performance. Failure to diagnose and treat them properly may turn them into chronic injuries and prolong absence from training and competition.

Despite all precautions in sport to prevent or reduce injuries, their incidence remains high in training and competition because of intensive preparation, the intensity of competition, and excessive enthusiasm in seeking victory and sporting achievements. Specialists and others concerned with sports rehabilitation must therefore conduct studies and research and develop new, more effective rehabilitation means and programs to accelerate athletes' return to their preinjury condition.

Although many means of treating and rehabilitating sports injuries exist, their optimal use depends on appropriate selection and integration into a scientific rehabilitation program to accelerate healing, restore functional capacity, and ensure a safe return to the specialized sport, particularly after muscle injury. Accordingly, the researcher sought to use a rehabilitation program combining adhesive tapes and rehabilitative exercises to obtain the greatest benefit and positive outcomes within an appropriate period, accelerating injured wrestlers' return to training and competition and limiting recurrence.

This is the significance of the research, which, to the researcher's knowledge, is one of the few serious scientific attempts to address sports injuries of the muscles surrounding the ribs. It proposes an integrated rehabilitation program and tests the use of a new therapeutic rehabilitation method, adhesive tapes alongside rehabilitative exercises, to determine their effects on pain reduction and restoration of motor function in these muscles. It highlights the importance of adhesive tapes in rehabilitating injured athletes and enabling their return to training and competition as quickly as possible while avoiding injury-related complications. This research may benefit wrestlers and participants in other combat sports who sustain the same injury.

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## 2- Research Problem:

As a former member of national wrestling teams who has worked in sports clubs, the researcher observed that tears of the muscles surrounding the ribs are common among wrestlers of different ages. Most wrestlers are slow to return to the sport, and some sustain the same injury again. It may become chronic, affect continued participation in sport, and even cause early retirement.

The research problem is also reflected in the scarcity of rehabilitation programs that combine adhesive tapes with rehabilitative exercises for wrestlers with tears of the muscles surrounding the ribs. These muscles are important for trunk stabilization and make a substantial contribution to ground defense movements, in addition to their central role in many holds required in wrestling competitions. Such injuries therefore pose a major impediment to wrestlers' technical performance.

These considerations prompted the researcher to study this problem and develop a rehabilitation program to accelerate the rehabilitation of wrestlers with tears of the muscles surrounding the ribs, improve their functional capacity, and reduce the likelihood of recurrence, ensuring a safe return to training and competition.

## 3- Research Objectives

1- To prepare a rehabilitation program using adhesive tapes and rehabilitative exercises for wrestlers with partial tears of the muscles surrounding the ribs.
2- To determine the effect of the proposed rehabilitation program on muscular strength in wrestlers with partial tears of the muscles surrounding the ribs.
3- To determine the effect of the proposed rehabilitation program on range of motion in wrestlers with partial tears of the muscles surrounding the ribs.
4- To determine the effect of the proposed rehabilitation program on pain level in wrestlers with partial tears of the muscles surrounding the ribs.

## 4- Research Hypotheses:

1- There are statistically significant differences in the physical variables between the pretests and posttests of the experimental research group, in favor of the posttests.

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2- There are statistically significant differences in pain level between the pretests and posttests of the experimental research group, in favor of the posttests.

**5- Scope of the Research:**

1- Participants: Greco-Roman wrestlers in Al-Diwaniyah Governorate with partial tears of the muscles surrounding the ribs.
2- Time: From 1/11/2026 to 1/10/2026, individually for each wrestler.
3- Place: The Sport Line Center for Rehabilitation and Physical Preparation.

**6- Research Method and Field Procedures:**

**6-1- Research Method:**

The researcher used an experimental one-group design with pretests and posttests because it suited the nature and problem of the research.

**6-2- Research Population and Sample:**

The research population comprised wrestlers at clubs in Al-Diwaniyah Governorate who had injuries to the muscles surrounding the ribs. The sample was purposively selected from wrestlers with partial tears of the muscles around the ribs and comprised (8) injured wrestlers.

The criteria for sample selection were as follows:

1- Sample members had to be wrestlers diagnosed by a physician with partial tears of the muscles surrounding the ribs.
2- The injured wrestler must not have undergone any other rehabilitation or treatment program.
3- The injured wrestler must have a serious desire to participate in and adhere to the rehabilitation program.
4- The wrestler must have no other injuries to the ribs or rib cage.
5- The wrestlers' injuries must be recent and no more than two weeks old.

To ensure the homogeneity of the experimental research sample, the researcher adopted the following criteria related to the injury:

- Homogeneity of injury grade: All sample members were wrestlers with grade-two partial tears of the muscles surrounding the ribs.

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- Homogeneity of injury duration: All sample members had recent injuries of no more than two weeks' duration.
- Homogeneity of age: The sample consisted of young wrestlers aged (17–21 years).
- Homogeneity of training age: All sample members were young wrestlers with at least four years of training experience.

**Table No. (1) Shows the statistical description of the research sample data**

| Variables | Units of measurement | Arithmetic mean | Standard deviation |
|---|---|---|---|
| Age | years | 19 | 2.75 |
| Height | cm | 165.33 | 3.88 |
| Weight | kg | 70.25 | 4.62 |
| Training age | years | 5.5 | 2.40 |
| Injury duration | days | 12.5 | 3.46 |

### 6-3- Materials and Devices Used in the Program:

- Forms for recording and tabulating the sample data.
- Questionnaires used to select appropriate rehabilitation methods for the program.
- Pain scale.
- Adhesive tapes.
- Dynamometer for measuring muscular strength.
- Goniometer for measuring range of motion.
- Stadiometer for measuring height and weight.
- Stopwatch – scissors – whistle – mat – disinfectant for cleaning the skin before applying tapes.
- Medicine balls of different weights – various weights – elastic bands.
- References, previous studies, and the World Wide Web.

### 6-4- Tests Used in the Research

The researchers used standardized measurements and tests suited to the research objectives and variables. The researchers selected these tests after presenting

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them to experts and specialists to choose the best ones for measuring the research variables in accordance with its objectives. The following tests were selected:

**First**: Measurement of pain level using a visual analogue scale. (2: 44)

**Second**: Measurement of rib cage expansion using a measuring tape. The circumference of the rib cage was measured at maximum inspiration and maximum expiration, and rib cage expansion was calculated as the difference between the two measurements. (17: 191) 1.5–5 cm

**Third**: Measurement of thoracic spine (rib cage) range of motion using a goniometer, including:

1- Lateral bending (right – left).
2- Rotation (right – left). (15: 1332–1338)

Fourth: Measurement of muscular strength. A dynamometer was used to measure the strength of the trunk muscles surrounding the rib cage, particularly those involved in stabilizing and moving the thoracic region and rib cage. The strength of the muscles surrounding the ribs cannot be measured separately from the other muscles associated with the rib cage and thoracic region. This includes:

1- Rotational strength (right – left).
2- Lateral bending strength (right – left). (13: 86–95)

### 6-5- Pilot Study:

To identify problems and obstacles that might arise during the main experiment, the researchers conducted a pilot study to address those difficulties and determine the suitability of the tests for the sample and the fitness of the equipment and tools used. They also trained the assisting staff in administering tests and recording data.

This study was conducted with (2) wrestlers with partial tears of the muscles surrounding the ribs from 6/1/2026 to 10/1/2026.

### 6-6- Field Procedures:

#### 6-6-1- Pretests:

The researchers and assisting staff conducted pretests for the two experimental groups on the research variables from 10/2/2026, when the first injured

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participant was tested at the Sport Line Center for Rehabilitation and Physical Preparation, through 10/10/2026, when the last injured wrestler was tested. They ensured that all tests took place under the same conditions and within pain limits to prevent worsening the sample members' injuries.

### 6-6-2- Design of the Rehabilitation Program

After reviewing previous studies and research, scientific references, and the opinions of experts and specialists in sports rehabilitation and physical therapy, the researchers selected the most suitable means of rehabilitating sports injuries for the type of injury under investigation. To ensure the fastest possible return to training and competition for athletes with injuries to the muscles surrounding the ribs, the rehabilitation program was designed as follows:

- The rehabilitation means used in the program were adhesive tapes and rehabilitative exercises.
- The program lasted (8) weeks.
- The program was divided into three stages (the first stage lasted two weeks, the second 3 weeks, and the third 3 weeks).
- The number of rehabilitation sessions per week was (5).
- Rehabilitation sessions lasted (45–90) minutes.
- Scientific principles and requirements for developing rehabilitation programs were observed, as was gradual progression of exercises in the program in intensity and difficulty.
- The program was implemented individually for each injured wrestler under the supervision of specialized therapists.
- The researchers applied Kinesio adhesive tape to the rib muscles on the injured side according to established conditions from the first day of the program until the pain had disappeared completely. The tapes remained in place for three days, were removed on the fourth day, and the process was repeated regularly until full recovery.
- Rehabilitative exercises intended to increase the strength and flexibility of the muscles surrounding the ribs were selected to reduce the possibility of recurrence after recovery.

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- The rehabilitation session comprised three parts:
  - أ- Part one: Preparatory exercises (general and specific warm-up).
  - ب- Part two: Rehabilitative exercises for the muscles surrounding the ribs (stretching and flexibility exercises and muscular strength exercises).
  - ت- Part three: Cool-down (relaxation).

### 6-6-3- Posttests:

The researchers and assisting staff conducted posttests for the two experimental research groups after each injured athlete completed the rehabilitation program. The first injured wrestler's posttests were conducted on 22/3/2026, and those of the last injured wrestler on 19/12/2026. Tests were administered uniformly, in the same order and sequence, using the same tools, equipment, and assisting staff.

## 7- Statistical Analyses:

The researcher used the SPSS statistical package.

## 8- Presentation and Discussion of Research Results:

### 8-1- Presentation and Discussion of Pretest and Posttest Results for Muscular Strength:

Table No. (2) Shows the means, standard deviations, T value, and significance level for muscular strength

| No. | Variables | Unit of measurement | Pretest | | Posttest | | T value | Significance level | Difference |
|---|---|---|---|---|---|---|---|---|---|
| | | | Mean | SD | Mean | SD | | | |
| 1 | **Muscular strength during rotation (right)** | **kg** | 9.83 | 1.89 | 25.65 | 4.07 | 9.72 | 0.001 | **Significant** |
| 2 | **Muscular strength during rotation (left)** | **kg** | 9.17 | 2.69 | 25.67 | 3.84 | 11.50 | 0.001 | **Significant** |
| 3 | **Muscular strength during lateral bending (right)** | **kg** | 12.27 | 1.67 | 30.27 | 3.03 | 12.22 | 0.001 | **Significant** |
| 4 | **Muscular strength during lateral bending (left)** | **kg** | 11.67 | 2.83 | 30.10 | 3.34 | 13.33 | 0.01 | **Significant** |

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Table (2) above shows significant and statistically significant differences between the pretest and posttest measurements of the experimental research group in muscular strength (muscular strength during rotation to the right and left, and muscular strength during lateral bending to the right and left). This indicates the positive effect of the rehabilitation program used by the researchers.

The researchers attribute this significant improvement in muscular strength in the experimental research group to the rehabilitation program based on a combination of adhesive tapes and rehabilitative exercises appropriate to the type of injury. Both played a major role in developing the strength of muscles surrounding the ribs and rib cage. The application of Kinesio adhesive tapes to the injured muscles also provided support and sufficient stability during rehabilitative exercises and reduced pain in the injured area, enabling the wrestlers to exercise without hesitation or fear.

This agrees with Heather's study, which reported that injured athletes using Kinesio (KT) adhesive tapes improved their capacity for muscular contraction more than a group that did not use the tapes, because the tapes support muscular action and provide stability and support for the injured muscles during movements and sporting activities. (12: 30)

It also agrees with Walid Hussein's study, which found that a rehabilitation program including muscular strength exercises produces various changes and adaptations in the target muscles, especially when the exercises are performed regularly and progressively. These changes include increased muscular cross-sectional area, larger fast-twitch fibers, increased tendon and ligament size and strength, and greater capillary density in the muscles. (6: 41)

These findings agree with Ahmed Abdul Jawad's finding that rehabilitation programs generally develop elements of physical fitness and motor qualities in different body muscles. (1: 34)

The researchers observed sound, progressive load increases and the scientific principles for applying exercises during rehabilitation according to the nature and stage of the injury. Exercises were also individualized according to each injured wrestler's condition and capacity. This allowed the exercises to be

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applied effectively throughout the rehabilitation program to all muscle groups under investigation and the injured region, developing muscular strength and restoring motor function.

This agrees with Mattacola's view that strength exercises should progress gradually from static strength work to elastic bands, weights, and various resistance exercises. Yasser Shafie's study likewise showed that scientifically sound, gradual use of appropriate resistance through training intensities and volumes improves muscular strength. (8: 34), (7: 104)

## 8-2- Presentation and Discussion of Pretest and Posttest Results for Rib Cage Expansion and Thoracic Spine Range of Motion:

Table No. (3) Shows the means, standard deviations, T value, and significance level for range of motion

| No | Variables | Unit of measurement | Pretest | | Posttest | | T value | Significance level | Difference |
|---|---|---|---|---|---|---|---|---|---|
| | | | Mean | SD | Mean | SD | | | |
| 1 | **Rib cage expansion** | **cm** | 1 .33 | 1.16 | 5.50 | 1.46 | 12.53 | 0.001 | **Significant** |
| 2 | **Thoracic rotation range of motion (right)** | **degrees** | 20.35 | 2.84 | 39.67 | 2.68 | 10.77 | 0.001 | **Significant** |
| 3 | **Thoracic rotation range of motion (left)** | **degrees** | 18.27 | 3.16 | 39.33 | 3.46 | 8.53 | 0.001 | **Significant** |
| 4 | **Thoracic lateral bending range of motion (right)** | **degrees** | 12.43 | 2.12 | 33.25 | 2.42 | 18.18 | 0.001 | **Significant** |
| 5 | **Thoracic lateral bending range of motion (left)** | **degrees** | 11.17 | 1.47 | 33.15 | 3.36 | 6.31 | 0.002 | **Significant** |

Table (3) above shows significant and statistically significant differences between the pretest and posttest measurements of the experimental research group in rib cage expansion and thoracic spine range of motion (lateral bending right and left and rotation right and left). This indicates the positive effect of the rehabilitation program used by the researchers.

The researchers attribute this positive improvement in range-of-motion variables to the methods used in the proposed rehabilitation program (adhesive tapes and rehabilitative exercises). The program included appropriate, progressive,

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comprehensive exercises with a positive effect on the flexibility and elasticity of the muscles surrounding the ribs and the trunk muscles associated with the thoracic vertebrae, and consequently on rib cage expansion and thoracic spine range of motion. It included a variety of stretching exercises in the first stage and exercises of greater intensity and duration in later stages, thereby developing the range of motion of the targeted muscles and joints in all directions under investigation.

This agrees with Talha Hossam El-Din, Wafaa Salah El-Din, and Said Abdul Rashid, as well as Nariman Al-Khatib and Abdul Aziz Al-Nimr, who indicated that flexibility and stretching exercises develop muscle length and increase the elasticity of muscles and ligaments, thereby increasing joint range of motion. (4: 246) (5: 72)

The researchers believe that the Kinesio adhesive tapes used in the program had an important positive effect on rib cage expansion and thoracic spine range of motion. The tapes effectively reduced pain and supported the injured muscles without restricting them, allowing free, pain-free movement.

This agrees with Ayako et al., who stated that the use of adhesive tapes (KT) during injury provides stability and support for muscles and reduces pain when performing different flexibility exercises. (8: 103–112)

It also agrees with Ashraf Shaalan's finding that a rehabilitation program containing muscle stretching and joint flexibility exercises increases joint range of motion in addition to its positive effect on muscular strength. Increased joint range of motion and increased strength of the muscles acting on that joint are directly related. (3: 77)

### 8-3- Presentation and Discussion of Pretest and Posttest Results for Pain Intensity:

Table No. (4) Shows the means, standard deviations, T value, and significance level for pain intensity

| No. | Variables | Unit of measurement | Pretest | | Posttest | | T value | Significance level | Difference |
|---|---|---|---|---|---|---|---|---|---|
| | | | Mean | SD | Mean | SD | | | |
| 1 | Pain intensity | degrees | 5.50 | 0.84 | 0.83 | 0.41 | 17.00 | 0.001 | Significant |

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Table (4) above shows significant and statistically significant differences between the pretest and posttest measurements of the experimental research group in pain intensity. This indicates the positive effect of the rehabilitation program used by the researchers.

The researchers attribute the improvement in pain level among injured wrestlers to the use of Kinesio adhesive tapes, which played a major role in reducing pain in the sample. These therapeutic tapes act on the superficial layer of skin by lifting it. This creates more space for the subcutaneous layers containing sensory nerve receptors and blood and lymphatic vessels, increasing blood circulation beneath the skin and lymphatic drainage while reducing pressure in the lymphatic vessels. Different lifting techniques produce different effects. This helps improve the condition of the injured region and effectively reduce pain in the injured rib muscles.

This was confirmed by Gonzales-Iglesias et al., who concluded that Kinesio adhesive tapes reduced pain by 23% immediately after application, allowing injured athletes to exercise more comfortably and without pain. This helped improve the muscular capacities needed for strength and flexibility exercises. They attributed the effect to the tapes, which have the same thickness and characteristics as skin and lift the skin upward, reducing pain. The tapes also stimulate blood circulation, positively affecting muscle physiology. (11: 515) These findings agree with Oliveria and Heather. (14: 13–23) (12: 30)

This also agrees with the study by Erkan Kaya et al., which showed that Kinesio adhesive tapes reduced pain and inflammation in the injured sample more than physical therapy in the other group, particularly during the first week. The study established that Kinesio adhesive tapes offer an alternative treatment for shoulder pain when an immediate effect is needed. (16: 16)

The researchers used the present multifaceted rehabilitation program in line with a recent tendency among physical therapy and sports rehabilitation specialists and experts to use new therapeutic rehabilitation methods and intensify programs by combining more than one method. The purpose was to achieve positive outcomes and help athletes return to training, competition, and sporting activities as quickly as possible without injury complications. Each method used

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in the research thus helped accelerate healing and improvement and reduce pain in the injured rib muscles. The rehabilitative exercises were varied and focused on a specific muscle group, reducing the time and effort needed to restore functional and motor capacity in the injured rib muscles. This agrees with Edington's statement: "Organized training increases an individual's capacity through the performance of physical exercises over several days, weeks, or months by adapting the body's systems to perform those exercises optimally. In other words, the effect of physical exercises on muscle cells helps them adapt and become more economical when performing a given workload." (9: 8–10)

**9- Conclusions:**

In light of the research objectives, within the limits of the sample and the scientific method used, and based on the presentation, discussion, and analysis of the results, the researcher reached the following conclusions:

1- The proposed rehabilitation program using adhesive tapes (KT) and rehabilitative exercises improved and rehabilitated injuries of the muscles surrounding the ribs in the injured wrestlers, restoring motor function in the injured area and allowing a rapid return to physical activity.
2- The proposed rehabilitation program using adhesive tapes (KT) and rehabilitative exercises improved the muscular strength and range of motion of the trunk muscles associated with the thoracic vertebrae (rib cage) in the injured wrestlers.
3- The proposed rehabilitation program reduced pain in the injured wrestlers through the use of adhesive tapes (KT) on the injured muscles.
4- The rehabilitation program also had a positive effect on the uninjured side by developing the muscular strength, flexibility, and elasticity of the muscles targeted in the research.

**10- Recommendations:**

In light of the foregoing conclusions, the researchers recommend the following:

1- Attention should be paid to using adhesive tapes and modern rehabilitation methods when muscle tears occur.

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2- The rehabilitation program using adhesive tapes (KT) and rehabilitative exercises should guide rehabilitation centers and clubs in rehabilitating wrestlers with partial tears of the muscles surrounding the ribs, accelerating recovery and return to the sport and preventing complications.
3- Adhesive tapes (KT) should be used in all sports injury rehabilitation programs to reduce pain level and intensity and consequently shorten the duration of the injury.
4- Further studies should investigate sports injury rehabilitation using adhesive tapes (KT), rehabilitative exercises, and modern methods in different sports and for different sports injuries.

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## Appendix No. (1) Sample Rehabilitation Session from the Proposed Rehabilitation Program in the Fifth Week

| Session parts | Exercises | Duration or number of repetitions | Number of sets | Rest between sets | Rest between exercises |
|---|---|---|---|---|---|
| **1- Application of tapes** | Apply the adhesive tape to the injured rib area | 5 min | | | |
| **2-Preparation (warm-up)** | Stretch different body parts Light jogging | 10 min | | | |
| **3-Rehabilitative exercises** | Foam roller extension exercise: Lie on the back, place the foam roller beneath the thoracic spine, and support the head with the hands. Gently bend backward over the roller, then return to the normal position. | 12 reps | 5 | 45 s | 2 min |
| | Seated rotation exercise with an elastic band: Secure the elastic band at chest level. Stand sideways to the anchor point and hold the band with both hands in front of the chest. Rotate the chest away from the anchor point while keeping the pelvis still, then return to the starting position and repeat. | 12 reps | 5 | 45 s | 2 min |
| | Thoracic spine mobilization exercise from the quadruped position using a ball: Gently push the ball toward the wall to keep the shoulder muscles engaged. Slowly move the chest downward toward the floor, allowing the thoracic vertebrae to extend. | 10 reps | 5 | 45 s | 2 min |
| | Russian twist with a kettlebell: Sit on the floor with the knees bent and the trunk leaning backward. Hold the kettlebell with both hands in front of the chest, then rotate the trunk alternately right and left. | 10 reps | 5 | 1 min | 2 min |
| | Side plank exercise: Support the body on one forearm and the side of one foot, raise the hips, and hold the position. Then repeat on the other side. | 30 s | 4 | 45 s | 1 min |
| | Dumbbell side bend exercise: Stand holding a dumbbell in one hand. Slowly bend toward the side holding the dumbbell, moving the trunk only from the chest region | 12 reps | 4 | 45 s | 2 min |
| **4- Cool-down** | Stretching exercises + light jogging | 5 min | | | |