Be Strong Run Strong

• All exercises should be pain-free. If an exercise listed below creates pain that is more than a muscle burn stop performing and consult a health professional.

• Focus on form and control while performing the exercises (ie. perform slowly!)

• The number of repetitions listed below are merely a guideline. The goal is to perform until you get a muscle burn, not failure of proper form, or muscle cramping.

1 Bridging Series

Basic
Intermediate
Advanced

Lie on your back with your knees flexed up. Contract your lower abdominals to stabilize your pelvis and spine in a neutral position. Squeeze your buttocks and press through your heels to raise your hips up off the mat.

For this exercise you may either perform repetitions or hold the bridge position to the onset of fatigue.

10-15 reps, 2-3 sets or Hold 10-40 sec. x 4-5 sets
3-4 times/week

2 Side Plank Series

Basic
Intermediate

• Lie on your side with your knees, hips and shoulders in a straight line. Support your weight on one forearm and either your knees or feet.

• Press your body up into a straight plank position. Do not allow your shoulders to roll forward or your pelvis or spine to pull into an arched position.

• Hold the position to the onset of fatigue.

Hold 10-40 seconds x 4-5 sets
3-4 times/week

3 Bird Dog

Start on your hands and knees, and draw your abdominals up.

Lift 1 arm and your opposite leg while keeping your back straight and hips level.

Hold each position x 2 easy breaths.
Alternate sides and perform 5-15x each side
Perform 3-4 times / week.

4 Squats

• Stand with feet hip width apart.

• Slowly sit back into your hips as you sink down into a squat. Allow the trunk to angle forward as you squat down.

• Do not allow the knees to push forward beyond the toes.

• Advanced: perform on 1 leg while maintaining proper form

10-15 reps, 2-3 sets; 3-4 times/week

5 Gastroc & Soleus Stretches

• Stand next to a wall with your feet staggered and the toes of your rear foot pointed straight ahead.

• Keeping the heel of the rear foot on the ground lean forward over your front foot until you feel a medium stretch in the back of the calf.

• Perform with the back knee straight and with the back knee bent

Hold 30-45 seconds, 2-3 sets (each stretch); 2 times/day