**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 (i.e. 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.

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**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

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**Bridging Series**

- 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
- 3-4 times/week

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**Side Plank Series**

- 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 15-45 seconds x 4-5 sets
- 3-4 times/week

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**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

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**Transverse Lunge**

- Stand on a step and lunge off at an anterolateral oblique angle.
- As you lunge, rotate your trunk to the outside of your leading leg.
- Return by pushing off your lead leg and stabilizing through your trailing leg.
- Maintain a level pelvis and good knee alignment throughout the exercise.
- 10-15 reps, 2-3 sets; 3-4 times/week