

STEP 1



STEP 2



Single Leg Bridge with Ground Touches

REPS: 10 | SETS: 3 | DAILY: 1x

Setup

- Begin lying on your back with your knees bent, feet on the floor, and your elbows resting on the ground with your hands in fists on your hips, thumbs pointing up.

Movement

- Tighten your abdominals, straighten one leg, keeping it in line with the other, and lift your hips off the floor into a bridge position. Then lower your hips to the ground and repeat.

Tip

- Make sure to maintain your balance during the exercise and do not let your hips rotate to either side. Use your thumbs to monitor the movement of your hips.

STEP 1



STEP 2



Supine Double Leg Lift

REPS: 10 | SETS: 3 | DAILY: 1x

Setup

- Begin lying on your back with your knees bent and feet resting on the ground.

Movement

- Raise both legs off the floor with your knees bent, then return to starting position and repeat.

Tip

- Make sure to keep your trunk stiff and do not let your low back arch during the exercise.

STEP 1



STEP 2



Side Plank with Clam

REPS: 10 | SETS: 3 | DAILY: 1x

Setup

- Begin lying on your side with your legs bent at a 90 degree angle and resting on your forearm.

Movement

- Tighten your abdominals and lift your hips off the floor into a kneeling side plank position. Lift your top knee, hold briefly, then relax and repeat.

Tip

- Make sure your head, hips, and knees are in one straight line and do not let your hips roll backward or forward during the exercise.

STEP 1



STEP 2



Runner's March

REPS: 10 | SETS: 3 | DAILY: 1x

Setup

- Begin in a standing upright position.

Movement

- Drive one knee up toward your chest, hold briefly, then slowly lower your leg back to the starting position and repeat.

Tip

- Make sure to keep your chest upright and **squeeze** the gluteal muscles on your stance leg to help maintain your balance.

STEP 1



STEP 2



STEP 3



Runner's Lunge

REPS: 10 | SETS: 3 | DAILY: 1x

Setup

- Begin in a standing upright position.

Movement

- Slowly fall forward, stepping one foot into a lunge position, then drive your back leg up to the march position. Return to the starting position and repeat.

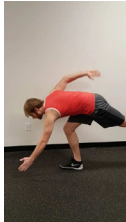
Tip

- Make sure to keep trunk upright and keep your movements controlled during the exercise.

STEP 1



STEP 2



Runner Touch

REPS: 10 | SETS: 3 | DAILY: 1x

Setup

- Start in a running position standing on one leg.

Movement

- Slowly take the hand opposite the standing leg and touch the floor/box. Quickly return to starting position and repeat.

Tip

- Perform the downward movement slowly and do not allow your knee to dive in.
- Keep your hips level

STEP 1



STEP 2



Runner's Climb

REPS: 10 | SETS: 3 | DAILY: 1x

Setup

- Begin in a standing upright position with one foot on the edge of a step in front of you.

Movement

- Drive your opposite knee up toward your chest, hold briefly, then slowly lower your leg back to the starting position and repeat.

Tip

- Make sure to keep your chest upright and **squeeze** the gluteal muscles on your stance leg to help maintain your balance.

STEP 1



STEP 2



Sidestepping in Squat with Resistance and Arms Forward

REPS: 10 | SETS: 3 | DAILY: 1x

Setup

- Begin in a standing upright position with a resistance loop around your legs. Mini squat, then lift your arms straight forward.

Movement

- Step sideways with one foot, then follow it with your other foot. When you reach the end of your space, step back in the other direction to the starting position.

Tip

- Make sure to keep your body low in the squat position as you walk. Activate your core to keep your trunk stable.
- Shift band to ankles to increase challenge