

# [Core]'s Running Mobility and Strength Training Program

## Mobilization Exercises:

### **Lunge Stretch:**

Place one foot forward with one knee on the ground. Lunge forward to create a stretch on the down knee. Keep your torso very upright. Hold for 8 secs/ repeat 3X

### **Founder:**

Stand with your feet spread wider than your shoulders, keep your knees behind your feet, extend your lumbar spine to keep your chest high, place your weight back on your heels while raising your hands over head, now hold and breathe for 6 seconds, repeat 2X.

### **Hip Opener:**

Stand holding a door way or tree while on one leg. Swing the free leg back and forth maximizing the opening and closing of the stance leg. Repeat in fluid movements for 15-20X.

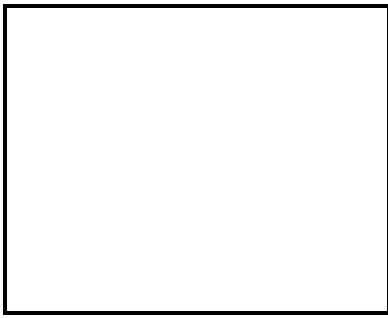
### **Door Way Squat:**

Stand holding a door frame. Stand with your legs shoulder width or wider. Squat back keeping your low back extended during the squat. Repeat 10X

## Strength Training Exercises:

**Ball Squats:** Stand with your feet shoulder width apart and leaning against a ball. Squat down extending your hips under the ball. Add weight if desired, repeat 20X.

**One leg step down:** Stand on a 6-10" platform on one leg. Squat with your lumbar spine extended, keeping your knee behind your toes, until your heel touches the floor. Repeat 5-10X.

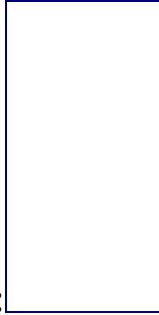


**Lunges:** Lunge along a matrix hitting spots that are at 2,4,8, and 10 on a clock face. Repeat each spot 7X.

**Bowler's Squat:** Stand on one leg with a neutral lumbar spine, squat while on your stance leg allowing for the opposite hand and leg to cross mid-line during the squat. Repeat 8X.

## **Kettle Bell Swings:**

Stand with your feet wide apart while holding a heavy kettle bell or dumbbell overhead. Allow the weight to swing between your legs while keeping a neutral lumbar spine. Explosively hip hinge creating enough momentum to bring the weight back to the top. Repeat 10-20X.

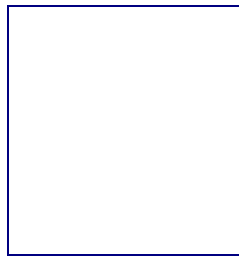


**Monster Walk:** With a 10” resistance band across your feet, side lunge while keeping a neutral lumbar spine and erect thoracic spine. Repeat for 30 seconds moving in both directions.

## **Plyometrics:**

### **2 Leg Jump Squat:**

Stand with your legs shoulder width apart. Squat with a neutral lumbar spine and jump up clearing the floor. Repeat at a rapid pace keeping good form for 30secs.



**Diagonal X-hop:** Stand on one leg and hop from spot to spot along the corners of a square. Move around the four corners and move diagonally across the corners. Keep upright posture and your balance. Repeat for 30 secs.