

WORKOUT 7

CORE AND HIPS II

Purpose: This workout focuses on strengthening the stabilizing muscles of your core by increasing instability.

The Workout

1.	<u>Push-Ups</u>	→ Aim for 20 reps, dropping to knees if necessary
2.	<u>Stability Ball Leg Curls</u>	→ 10 reps
3.	<u>Crunches</u> <u>Advanced Form</u>	→ 20 reps
4.	<u>Leg Raises</u> <u>Advanced Form</u>	→ 15 reps
5.	<u>Crunches</u> <u>Advanced Form</u>	→ 15 reps
6.	<u>Knee Tucks</u>	→ 10 reps
7.	<u>Hip Raises</u> <u>Advanced Form</u>	→ 10 reps each side
8.	<u>Side Crunches</u>	→ 20 reps, right side
9.	<u>Side Hip Raises</u>	→ 10 reps, right side
10.	<u>Side Crunches</u>	→ 20 reps, left side

11.	<u>Side Hip Raises</u>	→ 10 reps, left side
12.	<u>Push-Ups</u>	→ As many as possible, at least 10 reps, even if from knees
13.	<u>Side Crunches</u>	→ 20 reps, right side
14.	<u>Side Hip Raises</u>	→ 10 reps, right side
15.	<u>Side Crunches</u>	→ 20 reps, left side
16.	<u>Side Hip Raises</u>	→ 10 reps, left side
17.	<u>Fire Hydrants</u>	→ 20 reps each side

Coach's Instructions

- **Do 1-3 sets 2-3 times per week** (can do 2-3 sets of each exercise one after another or do 2-3 circuits of the whole routine)
- If needed, can be done on same day as a scheduled run that is 5 miles in length or less
- **Option to combine:** To keep from getting bored, do different workouts throughout the week. For example, if you do 3 sessions per week, try a different routine each day. Mix and match as you like, depending on your preferences. Variety is what will keep your strength training routine from getting stale!

PUSH-UPS



REPS
10-100

MUSCLE TARGETS: Pecs, delts (anterior), triceps, abs, glutes

EQUIPMENT: Stability ball (advanced)

FORM



1 Lie facedown on an exercise mat, with your palms down on the mat slightly wider than your armpits.

2 Raise your body up by extending your elbows.

3 After reaching full extension, bend your elbows and lower down to an inch or two above the mat. This constitutes 1 full rep.

ADVANCED FORMS



- Divide your target number of reps by two, and perform half of them with one leg held an inch or two off the floor. Then immediately continue on to the remaining reps with the other leg upraised. This form engages your core more effectively as it struggles to maintain balance and also provides a good workout for your glutes, which will be working to hold the upraised leg off the floor.



- Keep your feet on a stability ball while performing this exercise. Making the platform for your feet movable introduces instability, which engages your core even more.

STABILITY BALL LEG CURLS



REPS
10-30

MUSCLE TARGET: Hamstrings, abs (transverse), hip flexors

EQUIPMENT: Stability ball

FORM



1 Lie faceup on an exercise mat, with your heels on a stability ball. Raise your hips in the air, and hold a rigid line from your shoulders to your heels. Keep your arms on the floor at your sides to maintain balance.

2 Keeping your hips in the air, bend your knees and roll the ball inward toward your backside, then straighten your legs and roll the ball outward again.



This constitutes 1 rep.

ADVANCED FORM



- Perform this exercise while holding your arms in the air. This removes the lateral support that they provided when you had them on the floor at your sides, which makes your core work harder.

Tip

If necessary, spread your feet slightly on the ball to maintain stability.

CRUNCHES



REPS
20-50

MUSCLE TARGETS: Abs (rectus)

EQUIPMENT: None

FORM



1 Lie faceup on your exercise mat, with your knees bent and your heels on the floor. Cross your arms over your chest.

2 Curl your body upward, being sure to keep your lower back on the floor; then return to the starting position.



This constitutes 1 rep.

ADVANCED FORM



- When performing this exercise, peel your lower back off the floor and sit all the way up to an upright position, then return down to the starting position. This version is also known as **Roll-Ups**. Keep your arms folded across your chest during this exercise; this will reduce your leverage and the momentum you can generate while performing the movement, which increases the workload on your rectus abdominus and hip flexors.

LEG RAISES




REPS
10-30

MUSCLE TARGETS: Abs (rectus), hip flexors, quads
EQUIPMENT: None

FORM



- 1 Lie faceup on your exercise mat, with your hands wedged under your backside and your legs extended.
 - 2 Raise your legs off the floor until they are perpendicular to the ground, then slowly lower them again.
-  This constitutes 1 rep.

ADVANCED FORMS



- Instead of anchoring your hands under your backside, clasp them behind your head while performing this exercise. This makes your core work harder to hold your body still as your legs swing up and down.



- Place your palms down on your mat to provide a solid base. When your legs are at the apex of their upward swing during this exercise, try to lift your hips off the ground. Use your hands to push off. Then drop your hips and lower your legs. This constitutes 1 rep.

KNEE TUCKS




REPS
10-30

MUSCLE TARGETS: Hip flexors, abs (transverse)
EQUIPMENT: Stability ball

FORM



- 1 Get into plank position, facing downward with your palms on the floor, your elbows extended, and your body held off the ground in a rigid line, with your feet resting on top of a stability ball.
 - 2 Keeping your upper body steady, bend your knees and roll the ball inward toward you.
-  Once you are fully tucked, extend your legs again. This constitutes 1 rep.

ADVANCED FORM



- Alternate **Knee Tucks** with **Push-Ups**. See the second Advanced Form option for [Push-Ups](#).

HIP RAISES



REPS
20-50


MUSCLE TARGETS: Glutes, lower back, abs (transverse)
EQUIPMENT: Medicine ball (advanced)

Coach's Note

This exercise works the muscles on the back of your body, especially the glutes, while also providing a good stretch for the hip flexor muscles on the front of your body.

FORM



- 1 Lie faceup on your exercise mat, with your knees bent, your legs together, and your feet flat on the floor.
 - 2 Raise your hips in the air until you have achieved a straight line from your knees to your upper body.
-  Lower down to the starting position. This constitutes 1 rep.

ADVANCED FORMS



- Stretch one leg straight out, and hold it just a couple of inches off the floor. Now push off your other foot and raise your hips up in the air. Perform the target number of reps, then repeat on the other side



- This is similar to the one-legged form above, except with one leg planted on a medicine ball instead of on the floor, which engages the hamstrings of your planted leg as they prevent the ball from rolling away.

SIDE CRUNCHES



REPS
20-50


MUSCLE TARGET: Obliques
EQUIPMENT: BOSU (advanced)

Coach's Note

If you keep your hands on your side during this exercise, you will feel your obliques contracting. This will confirm that you are working the targeted muscles, and will also help you improve your body awareness.

FORM



- 1 Lie on your left side on your exercise mat, keeping your body as straight as possible.
 - 2 Simultaneously raise your legs and your shoulders, then lower both back down to the mat.
-  This constitutes 1 rep. Complete your target number of reps, then repeat on the other side.

ADVANCED FORMS



- Perform this exercise while lying on a BOSU.
- Hold your body in the crunched position for a count of 5 before returning back to the floor.

SIDE HIP RAISES




REPS
10-30

MUSCLE TARGETS: Obliques, abs (transverse), glutes (medius)

EQUIPMENT: BOSU (advanced)

FORM



- 1 Lie on your right side on your exercise mat.
 - 2 Raise your hips in the air to a side plank position, holding your body in a rigid line while resting on your elbow.
 - 3 Lower your hips down to an inch or two off the mat, then raise them back up again. This constitutes 1 rep.
-  Perform all the target reps on one side, then continue on the other side.

ADVANCED FORMS



- Have your feet on a BOSU while performing this movement. Doing so destabilizes your base, forcing your body to recruit your core to a greater degree to maintain balance.



- Hold your opposite arm in the air while performing this movement. By putting a percentage of your body weight farther from your center, you decrease your leverage over your body and raise the challenge for your core in its effort to hold your body stable in space.

FIRE HYDRANTS




REPS
20-30

MUSCLE TARGET: Glutes (medius)

EQUIPMENT: None

FORM



- 1 Get on your hands and knees on your exercise mat.
 - 2 Keep your right knee bent and raise your right leg out toward the side as high as you can.
-  Complete your target number of reps, then switch to your other side.

ADVANCED FORM



- When working the right leg during this exercise, hold your left arm off the ground and extended in front of you. By removing one of the supports for your body, you introduce instability to the exercise. Switch arms and repeat on the other side.