

WORKOUT 1

CORE AND HIPS I

Purpose: This workout introduces you to exercises that strengthen your gluteus medius, which directly increases your lateral stability while running. Strengthening this muscle ultimately results in less strain on your iliotibial bands, hips, and knees.

The Workout

1.	<u>Side Leg Raises</u>	→ 10 reps each side
2.	<u>Adductor Leg Raises</u>	→ 10 reps each side

3.	<u>Side Crunches</u>	→ 15 reps each side
4.	<u>Windshield Wipers</u>	→ 10 reps
5.	<u>Hip Raises</u>	→ 20 reps
6.	<u>Leg Raises</u>	→ 10 reps
7.	<u>Fire Hydrants</u>	→ 12 reps each side
8.	<u>Crunches</u>	→ 15 reps
9.	<u>Supermans</u>	→ 15 reps
10.	<u>Push-Ups</u>	→ 10 reps, starting at knees or dropping to knees after a few reps if necessary

SIDE LEG RAISES



REPS
10-30

MUSCLE TARGET: Glutes (medius)
EQUIPMENT: None

FORM



- 1 Lie on your side with your legs outstretched, your knees extended, with one leg resting on top of the other.
 - 2 Raise the top leg as high as you comfortably can, then lower it back down again. This constitutes 1 rep.
- 🔄 Complete your target number of reps, then continue on the other side.

ADDUCTOR LEG RAISES



REPS
20-30

MUSCLE TARGET: Adductors
EQUIPMENT: None

SIDE CRUNCHES



REPS
20-50

MUSCLE TARGET: Obliques

WINDSHIELD WIPERS



REPS
10-20

MUSCLE TARGETS: Obliques, hip flexors, abs (transverse)
EQUIPMENT: None

HIP RAISES



REPS
20-50

MUSCLE TARGETS: Glutes, lower back, abs (transverse)

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.

FIRE HYDRANTS

FORM



REPS
20-30

MUSCLE TARGET: Glutes (medius)
EQUIPMENT: None



- 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.

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.

CRUNCHES


FORM



REPS
20-50

MUSCLE TARGETS: Abs (rectus)
EQUIPMENT: None



- 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.

SUPERMANS



REPS
20-100

MUSCLE TARGETS: Lower back, glutes (maximus)

PUSH-UPS


FORM



REPS
10-100

MUSCLE TARGETS: Pecs, delts (anterior), triceps, abs, glutes
EQUIPMENT: Stability ball (advanced)



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