

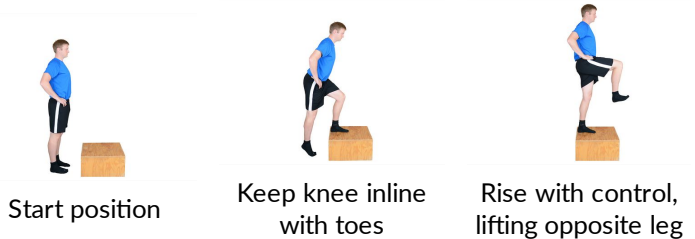
Runner's Step Up | Sets: 3 | Reps: 6/suicide | Load: Body Weight | Rest: 30 seconds | Tempo: Controlled | Intensity: Moderate

Preparation:

- Stand in front of a box or step that is below the level of the knee

Execution:

- Step up onto the box and bring the opposite leg up towards your chest
- Lower down in a controlled manner
- Repeat, alternating legs



Side Plank | Forearm and Feet | Sets: 3 | Reps: 1 | Load: Body Weight | Hold: 30 seconds | Rest: 30 seconds | Tempo: Controlled | Intensity: Moderate

Preparation:

- Position yourself on your side as shown
- Have your knees, hips and head in a straight line

Execution:

- Push up onto your elbow and lift hips off the floor



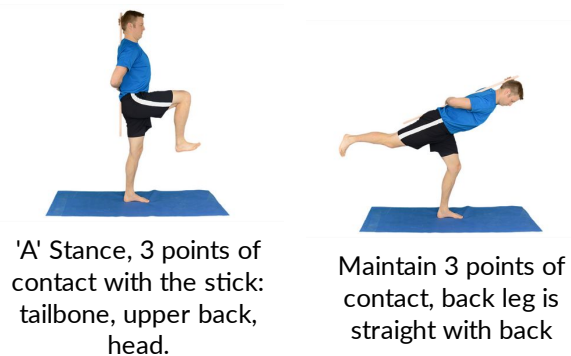
Deadlift | Single Leg-Stick on Back | Sets: 3 | Reps: 6/side | Load: Body Weight | Rest: 30 seconds | Tempo: Controlled | Intensity: Moderate

Preparation:

- Stand on one leg
- Hold stick on back touching the back of your head, upper back, and tail bone

Execution:

- Bend at the hip, keep back leg straight
- Rise up from the hips



Mountain Climbers | Hip Flexion

Sets: 3 | **Reps:** 1 | **Load:** Body Weight | **Duration:** 30 seconds |
Rest: 30 seconds | **Tempo:** Controlled | **Intensity:** Moderate

Preparation:

- Start in plank position

Execution:

- Bring one knee towards chest, keeping torso stable
- Return to the start position and repeat on the other side



Start Position



Bring one knee towards chest, repeat on the other side

Split Squat - Running Form

Sets: 3 | **Reps:** 6/side | **Load:** Body Weight | **Rest:** 30 seconds |
Tempo: Controlled | **Intensity:** Moderate

Preparation:

- Stand in a stride stance

Execution:

- Lower back knee towards the ground, moving your arms in a running pattern
- Keep your front knee in line with your toes
- Rise back up at hips



Start Position



Lower back knee towards the ground, moving your arms like running



Start Position



Keep front knee in line with toes

Calf Raise + Heel Squeeze (Tennis Ball)

Sets: 3 | **Reps:** 12 | **Load:** Body Weight | **Rest:** 30 seconds |
Tempo: Controlled | **Intensity:** Moderate

Preparation:

- Place a tennis ball between your heels as shown

Execution:

- Lift up onto toes
- Squeeze tennis ball



Start Position



Lift up onto toes, squeeze tennis ball

**Bear
Walking**

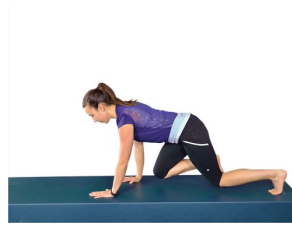
Sets: 3 | **Reps:** 1 | **Load:** Body Weight | **Duration:** 30 seconds | **Rest:** 30 seconds |
Tempo: Controlled

Preparation:

- Go onto all fours

Execution:

- Walk forward moving opposite arm and leg



Go onto all fours



Opposite arm and leg