Cameco Step Up Run 2020 Body Weight Routine - Phase 2



Load: Body Weight Tempo: Controlled Runner's Step Sets: 3 **Reps:** 6/suide **Rest:** 30 seconds

Intensity: Moderate Up

Preparation:

• Stand infront 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







Keep knee inline with toes



Rise with control, lifting opposite leg

Side Plank | Forearm and Feet

Sets: 3 Reps: 1 **Tempo:** Controlled Load: Body Weight

Hold: 30 seconds

Rest: 30 seconds

Intensity: Moderate

Preparation:

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



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



Start Position



Hold Plank

Deadlift | Single Leg-

Sets: 3

Reps: 6/side

Load: Body Weight

Rest: 30 seconds

Stick on Back

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



'A' Stance, 3 points of contact with the stick: tailbone, upper back, head.



Maintain 3 points of contact, back leg is straight with back



Mountain Climbers | **Hip Flexion**

Sets: 3 Reps: 1 Rest: 30 seconds

Load: Body Weight Tempo: Controlled

Duration: 30 seconds **Intensity:** Moderate

Preparation:

• Start in plank position

Execution:

- Bring one knee towards chest, keeping torso
- 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



knee towards the ground, moving your arms like runnning



Start Position



Keep front knee inline with toes

Calf Raise + Heel Squeeze (Tennis Ball)

Sets: 3 **Tempo:** Controlled

Reps: 12

Load: Body Weight

Intensity: Moderate

Rest: 30 seconds

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

2/3

Cameco Step Up Run 2020 Body Weight Routine - Phase 2



Bear Sets: 3 Reps: 1 Load: Body Weight Duration: 30 seconds Rest: 30 seconds

Walking Tempo: Controlled

Preparation:

• Go onto all fours

Execution:

• Walk forward moving opposite arm and leg





Go onto all fours

Opposite arm and leg