

Runner's Routine

You'll Need:

- Bleachers, bench, or small step
- Resistance band to go around ankles or knees

Keep In Mind:

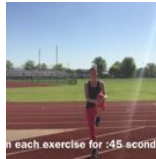
- It's best to do this routine on days that call for strength training or cross training.
- Avoid direct sun and make sure to hydrate before your workout. Use sunblock!
- If the humidity is high, take it easy. It's harder for your body to cool itself.
- [Preview the quick-view video of this workout ahead of time.](#) Print this to take with you to use as your guide.
- Work up to performing :45 seconds of each exercise with :15 seconds rest in between for a total of 14 minutes of work.

Step By Step

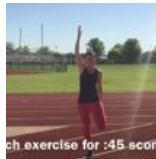
1. Hip openers



2. Knee hugs



3. Quad stretches



4. Walkouts



5. Hamstring stretches



6. Bridges



7. Clamshells



8. Side Lunges



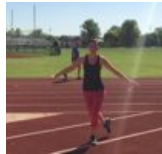
9. Curtsy Lunges



10. Side Steps with resistance band

11. Monster walks with resistance band

12. Clock squats



13. Side step ups



14. Single leg mini squat w/ heel touch.

