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Dirty Dozen Exercises For Runners





Resistance Tubing Step-Out 2x30





Resistance Tubing Marching 2x20 (each leg)



Bodyweight Squat 2x20



Bodyweight Crossover Lunge 2x6 (each direction)



Bodyweight Split-Squat 2x10 (each leg)





Classic Push-up 2x10-15 (Can perform from knees if needed)



3 Position Calf Raise (Toes Straight/In/Out) 2x20 each position



Side Plank-Hip Touch to Floor 2x15 each side



Lateral Leg Raise 2x15



Lateral Leg Raise with Foot in Front/Back 2x15 each position





V-Up Sit-Up 2x10



Superman (Both Arms/Legs up) 2x10-15



Superman Variation (Alteranate Arms/Legs up)



Classic Front Plank 2x30-60 sec