

## 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