

EMPOWER

PERSONALIZED FITNESS

Cross and Core for Runners - Beginner:

Mobility:

1. Ankle Circles
 - a. Balance on one leg or find something to hold onto.
 - b. Lift one foot off the ground and use the tip of that foot to draw a large circle.
 - c. Keep the motion at the ankle only, do not allow the knee or hip to turn or rotate.
 - d. Perform 10 circles each direction and then switch legs.



2. Lateral Step Over Under
 - a. Begin standing with good posture. Lift one leg up and pretend to step over (laterally) a fence.
 - b. Bring the other leg over and then step out again laterally as if to duck underneath a bar or fence.
 - c. Try to keep the spine straight and the hips squared up facing forward.



3. Torso Twists

- a. Keeping good posture, rotate from the torso swinging the arms from side to side.
- b. Pivot on the outside foot so as to allow the foot to follow the rotation at the hips.
- c. Do not swing forcefully, just let the body go to where you feel a slight stretch and then return the other direction.

Elasticity:

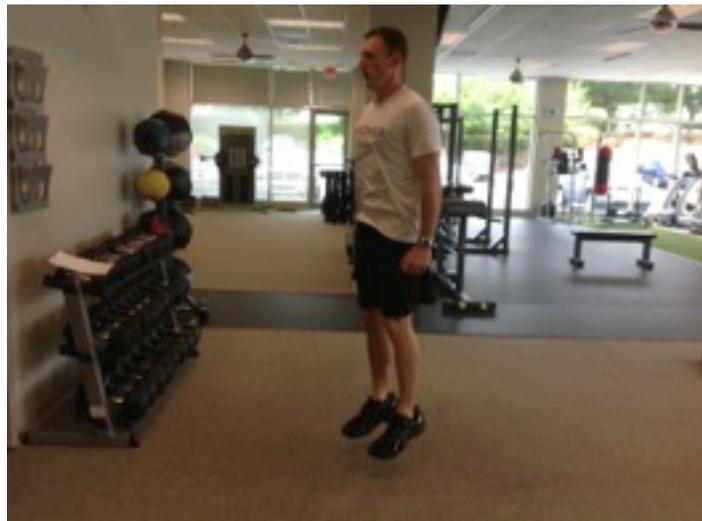
1. Ankle Hops

- a. Begin by lightly jumping off the ground with both feet.
- b. Keep the knees soft but allow the motion to come mainly from the ankle.
- c. Keep the hops quick and stay on the balls of the feet.



2. Skaters

- a. Keeping good posture, begin lightly jumping from side to side, one leg to the other.
- b. Progress the distance and try to stay on the balls of the feet.
- c. Repeat for 30



3. Power Skips

- a. Begin with good posture and imagine you are going to exaggerate a skipping movement.
- b. With each step jump from the ground bringing the hip, knee, and foot into flexion.
- c. Drive the opposite arm up as if to simulate a running stride.
- d. Return to the ground and switch arms/legs.
- e. Aim to reach maximum height and forward distance with each skip.
- f. Do 30 total skips

Strength:

1. Plank Circuit

- a. Begin with a prone plank position from the elbows.
- b. Hold for 30-60 seconds
- c. Turn to assume a side plank position with the free arm stretched up toward the ceiling.
- d. Hold for 15-30 seconds
- e. Switch to the other side and hold for another 15-30 seconds
- f. Finally assume a supine bridge position for 30-60 seconds.
- g. Repeat this circuit 2-3 times



2. Split Squat

- a. Begin standing with good posture in a lunge position with the right leg in front
- b. Transfer weight to the right leg while keeping balance with the left.
- c. Lower straight down until the right knee is at 90 degrees
- d. Keep the majority of your weight on the right leg and then use that leg to return to the starting position.
- e. Perform 10 repetitions on the right leg and then switch to the left in front



3. T-Stand

- a. Begin in a push up position with the hands under the shoulders, the feet hip distance apart, and the body in a straight line.
- b. Rotate the torso and lift the free arm up toward the ceiling until the arms and torso form a "T" and the body is in a side plank position.
- c. Slowly lower back to the starting position and switch to the other side.
- d. Perform 10 repetitions each side



4. Lateral Lunge

- a. Begin standing with good posture and the reach out laterally with the right leg.
- b. Keep the right knee and foot pointing straight ahead.
- c. Now set your hips back onto the right side, keeping the hips, knee and foot in line.
- d. Lower into the lunge until the right knee is at 90 degrees and the back remains straight.
- e. Make sure the left leg is extended and straight out to the left side.
- f. Using the right leg, push back to the starting position.
- g. Perform 10 repetitions each leg



5. Star Crunch

- a. Lie on the back with arms in a "T" position to the sides and the legs extended.
- b. Use the right hand/arm to reach up while also raising the left leg up to meet in the middle.
- c. Reach the right hand to the outside of the left ankle.
- d. Return to the starting position and repeat for 15 repetitions before switching to the other side.



Corrective:



1. Fire Hydrant
 - a. Begin in a 4 point stance with the hands under the shoulders and the knees under the hips.
 - b. Lift one knee off the ground and begin drawing a circle, keeping the hips from rotating or leaning to the side.
 - c. Draw 10 circles each direction before switching sides.

2. Bird Dog

- a. Begin in a 4 point stance with the hands directly under the shoulders and the knees directly under the hips.
- b. Keeping the back straight, extend one leg behind you and keep it horizontal to the ground without rotating the hips.
- c. Then take the opposite side arm and extend it in front of the body keeping it horizontal to the ground.
- d. Return the arm and leg to the starting position and repeat for 10 repetitions before switching to the other side.



3. Side Lying Hip Lift/Clamshell

- a. Start by lying on the side with the spine and hips in line.
- b. Bend the bottom knee/leg and put it slightly in front of the body.
- c. Extend the top leg in line with the spine and slightly rotate it so that the toes and knee are angled slightly downward.



- d. Slowly lift the leg from the ground up to just above hip level.
- e. Be careful not to let the hips rotate.
- f. Perform 10-15 repetitions.
- g. Flex both knees and keep the feet in line with the hips and spine. Raise the top knee only to the point where the hips start to rotate, then lower back down.
- h. Repeat for 20-30 repetitions.
- i. Switch sides