

# EMPOWER

PERSONALIZED FITNESS

## Cross and Core for Runners - Advanced

### Mobility:



#### 1. Ankle Circles

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



#### 2. Inverted Hamstring Stretch

- Begin standing with good posture. Keeping the back straight, pick up one leg and hinge forward from the hips.
- Reach forward and down in front of the body until the torso is parallel to the ground.
- Extend the back out until it is also parallel to the ground.
- Keep the knee of the stabilizing leg extended but not locked. Hold for 10-15 seconds



### 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. Multi Directional 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.
- d. Move front to back and side to side
- e. Do this for 20-30 seconds with each variation.



## 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. Try to balance on one leg upon landing from each jump
- d. Repeat for 30 total repetitions.



## 3. Split Jumps:

- a. Begin with good posture and place the legs in a staggered position on the balls of the feet
- b. Flex the knees slightly and jump while switching your stance in mid air
- c. Drive the arms up as to gain height.
- d. Return to the ground and repeat for 20-30 repetitions



## Strength:



### 1. Plank Circuit (with variations):

- a. Begin with a prone plank position from the elbows. Alternate lifting each leg while extended for 1-2 sec.
- b. Hold for 30-60 seconds
- c. Turn to assume a side plank position with the free arm stretched up toward the ceiling. Lift and lower the top leg while extended
- d. Hold for 15-30 seconds
- e. Switch to the other side and repeat for another 15-30 seconds
- f. Finally assume a supine bridge position while marching for 30-60 seconds.
- g. Repeat this circuit 2-3 times



### 2. Single Leg squat:

- a. Begin standing with good posture and transfer weight to the right leg while keeping the left foot slightly back
- b. Keeping the back straight, bend the knee and set your weight onto the midfoot/heel of the right foot until the right thigh is almost parallel to the ground.
- c. Return to the starting position using only the strength of the right leg.
- d. Perform 10 repetitions on the right leg and then switch to the left

### 3. T-Stand with Push Up:

- Begin in a push up position with the hands under the shoulders, the feet hip distance apart, and the body in a straight line.
- Perform one push up.
- 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.
- Slowly lower back to the starting position.
- Perform a push up and switch to the other side.
- Perform 10 repetitions each side



### 4. Drop Lunge:

- Begin standing with good posture and then use the right foot to reach out laterally and behind the left foot.
- Keep the right knee and foot pointing straight ahead.
- Now set your hips back onto the left side, keeping the hips, knee and foot in line.
- Lower into the lunge until the knee is at 90 degrees and the back remains straight.
- Using the left leg, push back to the starting position.
- Perform 10 repetitions each leg



### 5. Sprinter's Crunch:

- Lie on the back with finger tips touching the sides of the head and the legs extended.
- Bring your right elbow up and across the body while also bringing the left knee up to meet in the middle.
- Reach the right elbow to the outside of the left knee.
- Return to the starting position and alternate for 20-30 repetitions



## 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 with Flexion:

- 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. Using the extended limbs, bring the elbow and knee in towards each other across the middle of the body.
- e. Now extend the limbs apart again
- f. 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/Circles:

- 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. Now take the same leg and start to move the foot in a circle while still keeping the downward angle.
- h. Repeat for 10 circles each direction
- i. Switch sides

