

## Warm-Up

### Skip Rope

Duration: 2-5 mins



*Skip Rope*

## Set 1

### Single Leg Hamstring Bridge - Arms Crossed (Chair)

Sets: 3 each leg | Reps: 15-25

#### Preparation:

- Start with one foot up on chair or box, other knee bent above hip, arms crossed as shown
- **Execution:**
- Lift hips into a bridge position (straighten hip and knee together)



### Single Leg Squat + Knee Drive

Sets: 3 each leg | Reps: 15-25

#### Preparation:

- Stand with good posture

#### Execution:

- Bend forward at the hip standing on one leg as if picking up a golf ball
- The other leg will extend behind you
- Keep your lower back and back leg in a straight line
- Now rise up and bring your leg up toward your chest



*Bend forward as if picking up a golf ball*



*Rise, bring leg up toward chest*

## Set 2

### Side Mini Squats Against Wall

Sets: 3 each leg | Reps: 15

- Standing against wall on outside leg
- Sit back on heel, leaning forward from the hips
- Keep your standing knee slightly pointing out (while you push the inside knee into the wall)
- Don't let your standing knee drift forwards



### Forward Lunge (Glut Focus)

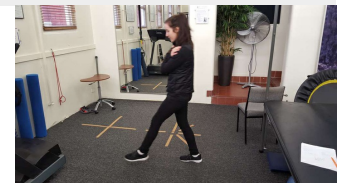
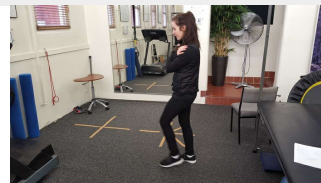
Sets: 3 each leg | Reps: 15-25

#### Preparation:

- Stand with good posture

#### Execution:

- Lunge forward, leaning forward with trunk to stretch gluts and use gluts to absorb force
- Rise up and return to the start position, driving through heel to use gluts
- Repeat Alternating legs



## Set 3

### Runner's Step Up

Sets: 3 each leg | Reps: 15-25

#### Preparation:

- Stand in front of a box or step that is below the level of the knee

#### Execution:

- Step up onto the box and bring the opposite leg up towards your chest
- Lower down in a controlled manner
- Repeat, alternating legs



*Start position*



*Keep knee inline with toes*



*Rise with control, lifting opposite leg*

### Split Squat - Rear Foot Elevated

Sets: 3 each leg | Reps: 15-25

#### Preparation:

- Position yourself in a stride stance, back foot elevated on a bench or chair

#### Execution:

- Lower back knee towards ground
- Stay long through your back, front knee in line with toes
- Rise back up with control

#### Tips:

- Keep your shin vertical
- Run your hands down your shins
- Drive through your heel



*Back foot up on bench, back straight*



*Squat - Bend at the hip, knee behind toes*



*Knee aligned with toes*



*Squat by bending at the hip, knee stays aligned with toes*