

The short routine shown to cut runners' overuse injuries ~39%. Do it 2x/week, ideally before an easy run - just a mat and a band. Tap any photo for the video demo.

2-3 sets each

8-12 reps

Both sides where noted

1



Bear Pose with Hip Extension

From a bear hold (knees hovering), extend one leg straight back and squeeze the glute - keep your back flat

2-3 sets | 8-12 reps | ea. side

2



Side Plank into Runner's Pose

Hold a tall side plank, then drive the top knee through into a runner's pose and back out - don't let the hips

2-3 sets | 8-12 reps | ea. side

3

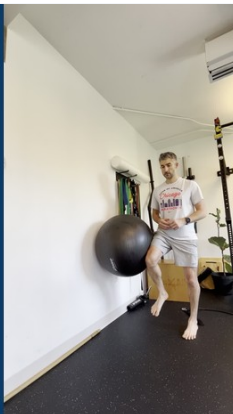


Single-Leg Bridge

Drive through the planted heel and lift your hips until level - keep them square, no twisting.

2-3 sets | 8-12 reps | ea. side

4



Squat

Feet shoulder-width: sit back and down with your chest up and knees tracking over your toes, then drive up

2-3 sets | 8-12 reps

5



Deadlift

Hinge the hips back with a flat back and soft knees, then squeeze the glutes to stand tall. (Single-leg works great

2-3 sets | 8-12 reps

6



Single Leg Squat

Balance on one leg, sit back and down as far as you can control, then drive up - keep the knee tracking over the

2-3 sets | 8-12 reps | ea. side