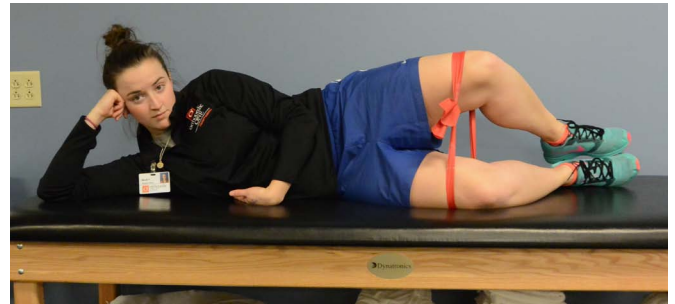




4 "GO-TO" RESISTANCE BAND EXERCISES FOR RUNNERS

1. Clam Shell

Place the loop around your thighs. Begin by lying on your side with your knees bent to 90 degrees and your hips stacked. Raise the top knee off the bottom knee and slowly return to the starting position. Make sure your hips do not roll backwards.



2. Bridge with Resistance

Place the loop around your thighs. Lie on your back with your knees bent and your feet flat on the floor. Pull your knees apart and while maintaining the tension in the band, lift your hips and squeeze your gluts. Slowly lower your hips.



3. Leg lift with resistance

Place the loop around your thighs. Lie on your back with your knees bent and your feet flat on the floor. Pull your knees apart and while maintaining the tension in the band, lift your hips and squeeze your gluts. Slowly lower your hips.



4. Side Step with Resistance

Stand with the loop around your ankles. Bend your knees slightly. Slowly side step while maintaining tension in the loop. Keep your toes pointing straight ahead and do not let your knees collapse inward.

