
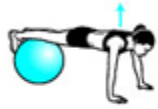








15 min Core Workout for Runners

Designed by Ivana Bisaro of Carmichael Training Systems. This 15-minute workout is to be done 2-3 times per week. Start with 1 set of 6-12 reps; add more sets & reps when strength and time permit.

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|  | <p>Squats With a Stability Ball Rest a ball between your back and a wall; squat until your knees are bent 90 degrees. Make sure your body weight is on your heels and knees are behind toe area.</p> |
|  | <p>Push-Ups With Ball Rest your knees, shins, or toes on a ball. You may need to start without the ball. Find your starting point (maybe just 1) and challenge your body with more as strength increases.</p> |
|  | <p>Lunges Do them either regular or rest your back leg on a ball and just bend and straighten front knee. Great for balance. Again keep weight on heel.</p> |
|  | <p>Plank Elbows under shoulders, abs tight, rest on toes, hold as long as possible. Start with 10-15 seconds and build up to a minute.</p> |
|  | <p>Triceps Dips Rest your palms, fingers forward, on a table or chair, your heels on the ground, and bend your elbows until they're bent 90 degrees.</p> |
|  | <p>Sit-Ups on the Ball The classic: feet flat on the floor, neck relaxed, abs the primary muscles working.</p> |
|  | <p>Back Extensions Rest your torso on the ball and put toes on floor. Hands behind your neck, lean forward, then straighten your back. Hold for a second then relax back down, repeat.</p> |
|  | <p>Oblique Twists on Ball Lift up and twist your right shoulder toward your left knee, then lower; repeat on other side.</p> |