



Rebound Running “Core 10”



Lateral Side Bridge

Sets: 2

Repetitions: x15 on each side

Set up on side, straight line from shoulder to the elbow with knee slightly bent. Engage abdominals and lift hip up towards the ceiling. Hold for count of 2, then slowly lower hip back towards ground.



Twisting Sit Ups

Sets: 1

Repetitions: x40-60

Hold a weighted ball or dumbbell in hands. Sit back at 45deg. Rotate left and right tapping the ball down around the hips. Make sure that your upper trunk is actually rotating and you are not just moving your arms. Visualize your rib coming to meet opposite hip.



Butt Bridges with Leg Lift

Sets: 1

Repetitions: x20 each side

Pushing thru each foot evenly, lift hips and kick other leg high and straight to stretch the hamstring. Maintain a level pelvis throughout exercises by keeping core engaged.



Dumbbell Single Leg Squat

Sets: 2

Repetitions: x20 each side

Stand on single leg with core engaged, hold dumbbell in opposite hand. Squat down on standing leg, bringing hands towards floor. Maintain straight back and knee alignment, not allowing knee to fall in or out. Return to standing for one repetition.



Lateral shuttle

Sets: 6

Repetitions: x20 taps on each side

About one arm span apart, jump laterally, tap toe to opposite heel. Repeat to other side. Do quickly, with control. Stay low with knees slightly bent.



Single Leg Standing Rotations

Sets: 1

Repetitions: x50 on each side

Use a cable/bungee off to one side, or hold #5 weight in hand. Stand on outside leg and rotate trunk and hips left and right. Make sure that shoulders and hips rotate and not just the arms.



Lateral Lunge

Sets: 2

Repetitions: x20 on each side

From standing position step laterally out to one side. Maintain alignment thru your knee down to ankle in your squatting leg, keeping back flat and core engaged.



Forearm plank with leg lift

Sets: 1

Repetitions: x30 on each side if doing leg lifts. If holding plank position hold 30" count.

On forearms and toes, keep core engaged and your pelvis level. Maintain alignment from shoulder down to elbow as well from shoulder thru the hip. For increased challenge lift alternating legs, again making sure that pelvis stays level.

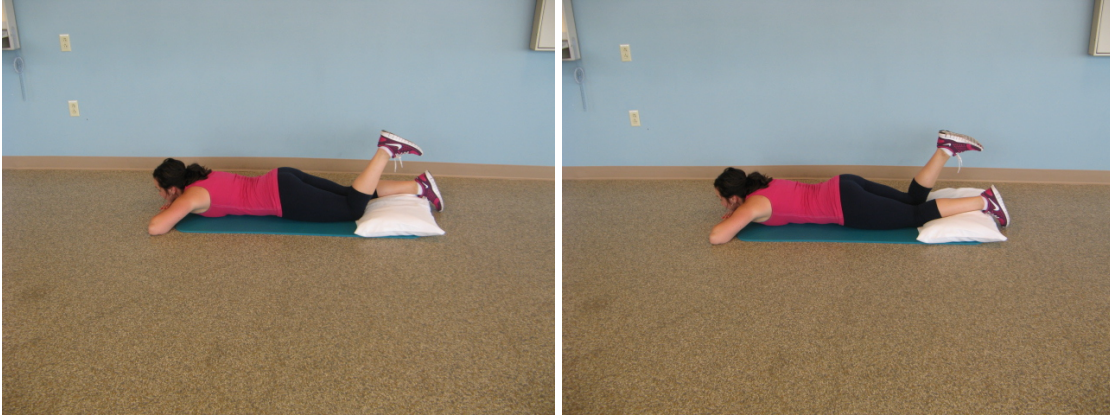


Standing 2-way Hip Swings

Sets: 1 set of both anterior/posterior and lateral swings, each side

Repetitions: x30 seconds each swing, both sides

Stand on single leg with knee slightly bent, swing un-weighted leg quickly forward and backwards for 30" and then out to the side for 30". Keep core engaged and hips level. Increase the challenge by doing smaller, quicker swings.



Hamstring Flutter Kicks

Sets: 2

Repetitions: x1 min with rest in between sets.

Lie on stomach with pillow under shins. Quickly flutter kick feet up and down.