

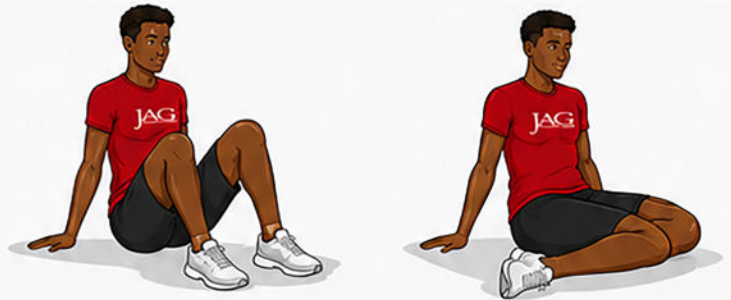
GLUTE AND CORE MOBILITY AND STABILITY FOR RUNNERS

Having strong hip and core muscles allows runners to be more stable to prevent injuries down the kinetic chain. These exercises do not need any equipment and can be done right on the track!

1

HIP 90/90'S (2x for 1 minute)

Sit on the ground with feet flat and knees at a 90° angle. While keeping the feet and hips on the floor, drop both knees in one direction. Hold for 5-10 seconds, then drop your knees to the other side and repeat for one minute.



2

QUADRUPED HIP CIRCLES (2x 10 repetitions/each side)

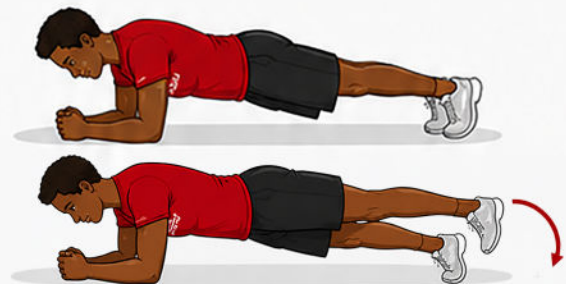
Place both hands and knees onto the floor and lift one leg out to the side. Bend the knee of the lifted leg and rotate the hip in circles, while keeping the core tight to stabilize the back. Complete ten circles on each leg (clock-wise and counter-clockwise). Repeat on the opposite leg.



3

PLANK WITH HIP ABDUCTION (2x 20 repetitions/each side)

Place both elbows on the floor in a plank position. Keep the back flat and the core tight. While keeping the knees straight, lift one leg out to the side (about 8 inches), tap the foot down, and bring the leg back to the starting position. Alternate between legs.



4

DOWNWARD DOG WITH TOE TOUCH (2x 10 repetitions/each side)

Start in a high plank with the hands directly under the shoulders, keeping the legs straight. Lift both hips up to form a "V" shape with your body. Reach one hand toward the opposite foot, then return to the starting position. Repeat with the other hand, alternating sides while keeping the core engaged and movements controlled.

