

Core exercises with Lower Body form focus

Together with “Core conditioning” these exercises focus on developing and improving movement patterns for improved running form, derived from the lower body.

Perform each of the 6 exercises 3 times through for 60 seconds in a circuit format. That’s your 20 minutes of quality functional strength work done!



1. TABLE TOP HEEL DROP

- Start legs knees in line with hips 90 degrees
- Arms raised off ground 45 degrees behind body
- Back flat neutral spine
- Inhale to prepare (belly breathing) single leg down to an inch above the ground and return keeping back flat
- Repeat opposite leg

Tip: Cross hands over chest until you can perform advanced movement

2. LACTIC HOLD

- Position yourself on hands knees, draw spine towards ceiling and lift legs 1 inch off the ground touching at the knees
- Core switched on (belly button to spine/brace)
- Keep back arched
- Press knees together

Tip: Place a card between knees to ensure you activate your key muscles



3. TWIST/TWIST TOUCH

- Start in a seated position, arms crossed and back straight
- Maintain good posture
- Core switched on (belly button to spine/brace)
- Lift legs 1 inch off the ground, looking directly forward take both hands to the right, touch the ground and immediately return past your midpoint to touch the ground on the left, return to centre then reach forward touching toes - repeat.

Tip: Exercise can be performed on Bosu or floor