

Core exercises with Lower Body form focus (Part 2)



4. LATERAL BAND WALKS

- Stand on band
- Feet positioned shoulder width apart
- Draw top of band to collar bone height to create tension
- Keep left leg straight - draw outside shoulder width, draw right leg in walking laterally and repeat

Tip: Partially squat for deeper activation of glutes

5. STABILITY CALF RAISE

Stand upright

- Look forward
- Ensure you're balanced
- Good posture
- Core switched on (belly button to spine/brace)
- Drive up onto toes, use runners arms to support momentum, driving knee to hip return to starting position and repeat
- Ratio 1:1

Tip: try to advance to not touching the ground with the raised leg



6. RUNNERS TOUCH

- Look forward with good posture
- Ensure you're balanced
- Core switched core on (belly button to spine/brace)
- Strike a pose in perfect running position with 1 leg in high knee position. Standing on 1 leg, balancing at the hip and touch the toe that's on the ground with the opposite hand whilst the leg in the air rotates under and back. Make sure the standing leg remains stable and as straight as possible while enabling
- Come back to the starting position as quickly as possible remaining balanced, you to touch the ground
- Pause for 1-2 seconds and repeat - Ratio 1:1

Tip: Only come down to knee until you can control the exercise