

## Core exercises with Upper Body form focus

Together with “Core conditioning” these exercises focus on developing and improving movement patterns for improved running form derived from the upper 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. SWISS BALL PLANK

- Brace yourself in a plank, place elbows on Swiss ball under armpits, lengthen out, pause and return. Continue ratio 1:1

Tip: Can be performed on ground or Bosu until you are confident

### 2. TWIST/TWIST TOUCH

- Start in a seated position, arms crossed and back straight
- Maintain good posture
- Core switched no (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: Can be performed on ground



### 3. SIDE PLANK KNEE DRAW

- Brace and support body in a side plank position
- Ensure elbow across middle of Bosu - under armpit
- Opposite arm pointing directly up to ceiling
- Look forward with body laterally raised off ground (Side plank position)
- Raise 1 knee up to 90 degrees pause, return and repeat
- Ratio 1:1

Tip: Don't let the hips drop

