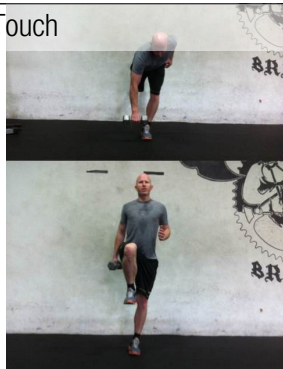


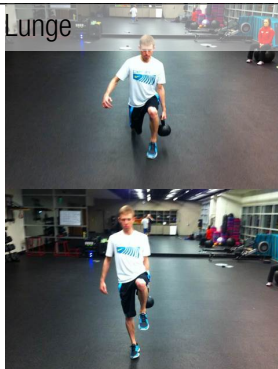
## Runner Touch



Start in a perfect running position, balancing on one leg hinge at the hip to touch the toe with opposite hand  
Make sure the standing leg stays stable and prevent the knee from diving in to midline  
Come back up to running position quickly, but without losing balance

REPS	WEIGHT	TIME	NOTES

## Suitcase Lunge



Holding weight in one hand  
Doing alternating lunges, pausing for a second at the bottom of the lunge and again at the top of the running position  
Be sure to keep the core strong throughout the exercise

REPS	WEIGHT	TIME	NOTES

## Single Leg Pop-up



Start in a lunge position on the BOSU ball  
Pop-up in to a perfect running position as quickly as possible, but without moving so fast that you lose balance  
Pause in the running position for a second before returning to start position

REPS	WEIGHT	TIME	NOTES

## Hot Salsa



take a wide lunge  
Reach the ball as far out in front of you (toward the ground) and shift your weight forward on to your front foot  
Keeping the ball forward, lift your back leg off the ground and raise up to a solid running position (keeping ball as far forward as you can throughout the raising from lunge)

REPS	WEIGHT	TIME	NOTES

## Hot Salsa on to BOSU



Lung on to BOSU ball  
Reach the med ball out far in front of you  
Shift weight on to BOSU while keeping arms reached out in front  
Raise up on to one leg ending in a solid running position with ball pressed over head

REPS	WEIGHT	TIME	NOTES

## Lunge Drop, Runner Drop



Start in a lunge position with a slight forward chest lean  
Turn fully and drop the med ball slow and controlled over the leg that is out front  
bring the ball back up, rotate back so chest is forward  
Step up, quickly and with control, into a solid runner position.  
Rotate your body over the front leg and drop the ball down to your leg  
Rotate back so chest is forward and lunge out with next leg and continue as above

REPS	WEIGHT	TIME	NOTES

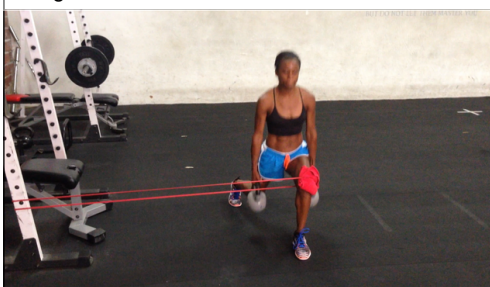
## Lateral Runner Lunge Drop



Start in a solid running position with med ball over head  
Do a lateral lunge as you bring the ball to your toe and  
explode back up to balanced runner position

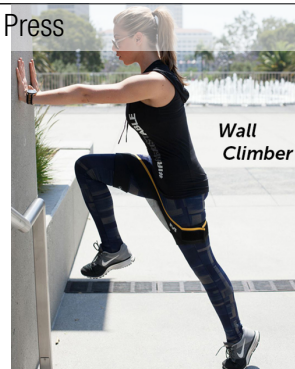
	REPS	WEIGHT	TIME	NOTES

## Lunges with Band



	REPS	WEIGHT	TIME	NOTES

## Runner Press



Wall  
Climber

	REPS	WEIGHT	TIME	NOTES

## Single Leg Runner Pulls



Balance on one leg and have cable in opposite hand  
start reaching forward  
Raise up to a solid running position while pulling the cable,  
rotating over the up leg

	REPS	WEIGHT	TIME	NOTES