

Back Routine

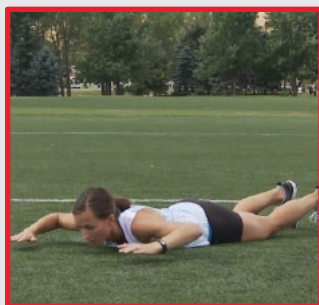
The following set of back exercises is a great general strength routine that is simple and can be done by runners of any level. If you've had lower back problems in the past, try only 1-2 reps of each exercise then wait a few days to ensure that your not aggravating any pre-existing conditions or previous injuries.

1. Opposite Arm, Opposite Leg



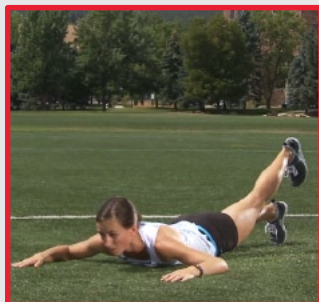
Lying on your stomach, raise your right arm while simultaneously lifting your left leg. Lower. Repeat with the opposite leg and arm. Complete 8 reps on each side.

2. Prone Double Arm Raise



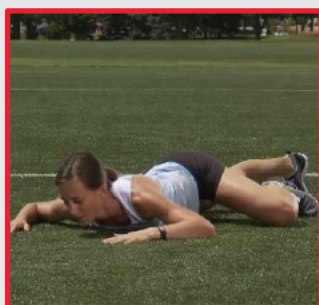
Lying on your stomach, raise your shoulders off the ground, bending at the hip, with both arms raised off the ground. Lower. Repeat for a total of 8 reps.

3. Prone Straight Leg Lift



Lying on your stomach, raise one foot off the ground, keeping your leg straight. Complete 8 reps on each leg, then switch legs.

4. Prone Lower Body Crawl



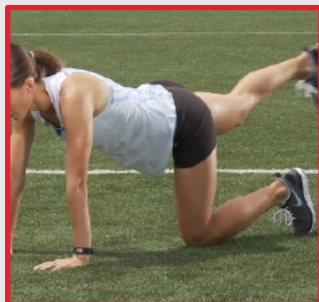
Lying on your stomach, bring your knee forward so that you create a 90-degree angle. Your knee should be at hip level. Return to the start position and repeat on the opposite side. Complete 8 reps per side.

5. Sitting Bicycle



Sitting on your butt, make a 45- to 70-degree angle with your torso and the ground, engaging your abdominal core muscles. Slowly cycle your feet as if your riding a recumbent bicycle for 30 seconds.

6. Straight Leg Circles on Knee



Start in table position, then extend your right leg out behind you. Make 5 small clockwise circles, then 5 counterclockwise. Repeat on the left side.

7. Sitting Push Kicks



Position yourself like your going to do a sitting bicycle, but extend your right foot out in front of you with your toes pointed back towards you. Then bring your heel back as close you can to the butt. Complete 8 reps, then repeat with your left foot.

8. In-n-Outs



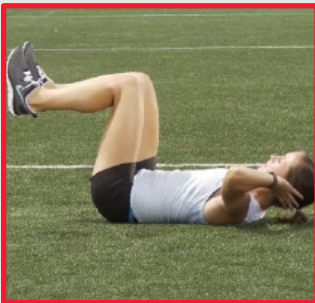
Lying on your stomach, with your feet touching behind you and your legs straight, lift your shoulders off the ground. Move your arms in and out and for 20 seconds.

9. Australian Crawl



Begin with same starting position as for In-n-Outs, but do a freestyle swimming stroke with your arms for 20 seconds.

10. Back Rounders



Lie on your back, with your feet elevated so you form a 90-degree angle at the knee. Bend forward into a crunch position and hold for 2 seconds, squeezing your core in the middle of the exercise. Complete 10 reps holding for 2 seconds on each rep.

11. Catback, Swayback



Start in table position. Bridge your back (Cat Back) then slowly flex your back (Sway Back). You should feel your hips “roll” through the movement. Complete 8 reps.