



Post Run Cool Down / Core

Post Run:

1. Clams
2. Fire hydrants
3. lateral leg lifts
4. Donkey Kicks
5. Knees rotations forward
6. Knee rotations backwards

Core A (beginners):

1. Crunches – 4x10 no break
2. Knee Tuck – 20
3. Bicycles – 10 count, 40 fast
4. Scissors – 1 min
5. Planks – 1 min / side(4)
6. Supermans (or mod) – 20, 10s hold
7. Countdown Push Ups

Core B:

1. Pull Ups until failure
2. Crunches – 6x10 no break
3. Knee Tuck – 25
4. Mtn Climbers – 2x30 seconds
5. Bicycles – 12 count, 50 fast
6. Planks with leg lifts – 1 min per side (4)
7. Ex. Ball Mod Supermans – 2x20
8. Countdown Push Ups – 10

Core C:

1. Pull Ups until failure
2. Crunches – 6x10 no break
3. Knee Tuck – 30
4. DB Lunges – 2x20
5. Bicycles – 12 count, 50 fast
6. Planks with 10-35 plates – 1 min
7. Body Weight Squats – 2x20
8. Countdown Push Ups – 10

****Static stretch, roll out and ice as necessary***