

Runners S&C Full Body (30mins)

This is a great set if you are a runner as it develops core and upper back strength, which is important for maintaining good form particularly as you get tired!

The warm up can be anything of your choice, but make it around 3minutes of cardio. I use steps as they raise the heart rate (which is the main purpose of the WU in this workout) and also get blood flow to the leg muscles and joints which supports the first circuit you will do.

First circuit should be quite easy for Runners as it is all of your major running muscles and joints. When you do the ball squat and press go up onto your tip toes. This will give you a triple extension (which is helpful for runners!). Start the movement slowly and focus on stability and balance.

You can substitute a full water bottle for the dumbbell if you don't have one

Treat the circuits as drop sets. Aim for 20's but don't stress if you can't initially do that. Keep a note of how far you managed to get so you have a target to beat next time.

Enjoy!

▶ Body Weight Step Up	1 set x 120 👉 Rest 30 sec between sets
Circuit of 3 rounds	
▶ Medicine Ball Squat & Press	20
▶ Body Weight Squat	20
▶ Flutter Kick	20seconds
Rest for 30 sec	
Repeat new round	
▶ DUMBBELL PLANK SLIDE	3 sets x 20 👉 Rest 20 sec between sets
Circuit of 3 rounds	
▶ Push Up	20
▶ Dumbbell Single Arm Bicep Curl	10L / 10R
Rest for 30 sec	
Repeat new round	
▶ Elbow Plank	1 set x 2minutes

Body Weight Step Up

1. For this exercise, you'll want to keep as much body weight as you can over top of the leg that's gonna be doing most of the stepping up.
2. Place the right foot on the elevated platform. And let the left foot stay on the ground. This will be your starting position.
3. Lift your left foot all the way forward while keeping your knee slightly bent. And your right foot straight.
4. Then back to starting position.
5. Once you're completed one side, do the other.

Medicine Ball Squat & Press

1. Holding the ball with both hands, just under the chin and against your chest, take a squat, feet about shoulder-width apart.

- ▶ 2. Stand straight keeping legs straight, as you do this, press the ball up over your head, arms straight and extended.
- 3. Return to starting position.
- 4. Repeat.

Body Weight Squat

- ▶ 1) When performing the squat, let your body weight shift back into your heels as you sit your hips back.
- 2) Keep your knees as far back behind your toes as possible.
- 3) Keep your chest up and back held in neutral position or with a slight arch.
- 4) Prevent yourself collapsing forward as you perform a squat.
- 5) Make sure your toes, knees, and hips are all in line as you squat back.

Flutter Kick

- ▶ 1) For this exercise, you'll come up in a V position.
- 2) Sitting on your sit bones and your pelvis.
- 3) Make sure that your abdominals are tight and pulled in, not leaning back, loading your lower back.
- 4) From there, kick your legs in an alternate pattern.

DUMBBELL PLANK SLIDE

DUMBBELL PLANK SLIDE



Push Up

- ▶ 1. Lie with your chest facing down, palms flat on the floor and slightly more than shoulder-width apart, your feet should be together and your legs straight.
- 2. Push your body upwards and straighten your arms.
- 3. Lower your body returning to starting position.
- 4. Repeat.

Dumbbell Single Arm Bicep Curl

- ▶ 1. Stand upright holding one dumbbell with your arm straight and your palm facing out.
- 2. Raise the dumbbell up to shoulder height, bending at the elbow. Do not turn at the wrist, finish with your palm facing back.
- 3. Complete all reps on one side before switching to the other side.

Elbow Plank

- ▶ 1. Lie face down on a mat with elbows resting on the floor next to your chest, palms facing forward or in a fist position, feet together.
- 2. Push your body off the floor in a pushup position with your body resting on elbows or hands.
- 3. Contract the abs and keep the body in a straight line from head to toes. Hold for 30-60 seconds, then lower body returning to starting position.
- 4. Repeat.

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3	
Body Weight Step Up		reps				
Medicine Ball Squat & Press	reps x	kg	reps x	kg	reps x	kg
Body Weight Squat		reps		reps		reps
Flutter Kick		reps		reps		reps

Rest							
DUMBBELL PLANK SLIDE		reps		reps		reps	
Push Up		reps		reps		reps	
Dumbbell Single Arm Bicep Curl	reps x	kg	reps x	kg	reps x	kg	
Rest							
Elbow Plank		sec					