

PEDESTAL ROUTINE GENERAL STRENGTH

Running **DVDS** .com

BUILDING A BETTER RUNNER:
BUILDING FROM THE GROUND UP

PRONE
ELBOW STAND
SINGLE LEG RAISE

SUPINE
ELBOW STAND
SINGLE LEG RAISE

PRONE
HAND STAND
SINGLE LEG RAISE

SUPINE
HAND STAND
SINGLE LEG RAISE

LATERAL
ELBOW STAND
SINGLE LEG RAISE

LATERAL
HAND STAND
SINGLE LEG RAISE



PEDESTAL ROUTINE GENERAL STRENGTH

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BUILDING A BETTER RUNNER:
BUILDING FROM THE GROUND UP

PRONE, FLEXED
KNEE, ELBOW
STAND, HIP LIFT

SUPINE, FLEXED
KNEE, ELBOW
STAND, HIP LIFT

CRUNCH
LOW REACH

CRUNCH
LOW REACH
WITH TWIST

