

Minimizing Your Injury - Strengthening Exercises

Push Up - Split Hands



Start in a push up position. Slide your right hand down so it is parallel with your chest. Perform one set of push ups. Then switch the placement of your hands so now your left hand is at chest height and your right hand returns to standard push up position. This can also be performed with your knees touching the ground.

3 sets of 15

Flutter Kicks



Lay flat on your back with your hands under your low back from support. Straighten your legs out at a height that is comfortable (the lower your feet are to the ground, the more challenging the exercise). Begin to alternate kicking your feet as if you were flutter kicking. For an added challenge, lift your head off the ground.

3 sets of 20 reps

Superman



Laying on your stomach while looking down, tighten your buttock muscles and slowly lifting your arms and legs. Hold for 30 seconds and then return to the starting position

30 seconds x 3

Face down hip dips



With your weight on your hands and feet, drive your hips up in the air and then down toward the ground. Do not bend your arms or knees.

Repeat 20 times, then run 20 meters

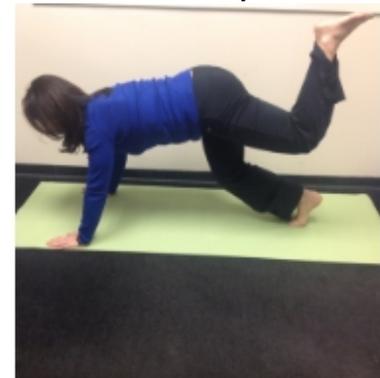
Leg Up Bridge



Lay on your back with both knees bent up. Raise your right knee up so the foot is at the height of the left knee. Then drive your hips up into a bridge. You can keep your left foot flat on the ground or place all of the weight on the forefoot to make it more challenging

3 sets of 15

3 Point Donkey Kicks



While on 3 points (both hands and the forefoot of your right foot), bring your left leg back behind you. Do not raise your leg too high so your back arches or you twist through your hips

3 sets of 15

Eccentric Single Leg Heel Raise



Stand on one foot with your heel hanging off a step. Raise up onto the ball of your foot and then SLOWLY return to the starting position.

3 sets of 15 reps

Foot Push Up



With your heel and toes on the floor, attempt to raise your arch without curling your toes under.

3x15