

|  |
| --- |
| Here are examples of the exercises to do on non-running days.**Upper Extremities**Push- ups, Seated row, Dumbbell reverse fly**Core**Sit Ups, Cable trunk rotations, Plank/side plank **Lower Extremities**Squats with dumbbells, Kettlebell deadlifts Box / Curb step-ups with dumbbellsCES (corrective exercises) - to counteract the repetitive motion of running. Examples are wall angles, single leg balances, and dowel rod hip hingesFoam roll to work out the tightness and kinks in my muscles. |
|  |  |  |  |  |