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| 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 dumbbells  CES (corrective exercises) - to counteract the repetitive motion of running. Examples are wall angles, single leg balances, and dowel rod hip hinges  Foam roll to work out the tightness and kinks in my muscles. | | | | |
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