

Running stability exercises – Level 1

1/ Pelvic tilt

Lie on the bed, knees bent and pointing to the ceiling

Flatten back, tilt pelvis back

Lift pelvis off the floor

Avoid pushing on your feet and cramping hams

Lower back and pelvis down slow



2/ Deep abdominal work

Use as a base for all exercise

Lie on your back , lumbar spine in neutral, feet pointing forward, knees pointing up

Breathe in (expanding your chest)

Breathe out and relax all abs

Gently contract lower abs (as stopping going to the loo) till you feel contraction under fingers

Leg lift (no pressure on the other leg and no arching back)

Sequence:

- B in – out – contract
- B in – out leg lift
- B in – out leg down
- 23-30 on each leg and start with R leg lift
- daily



3/ Dynamic standing

Breathe in - grow tall

Breathe out - maintain height and relax your rib cage down

Bring your weight over your heels

Take your whole body over the middle of your feet

Keep looking ahead

Move your arms as in running

Progress:

Find the position as above

Tip toes

Add running arms



4/ Clams

Lie on your side, straight back, knees bent

Find spine neutral (arch your back in/out and find middle in between these points)

Contract Lower Abd's

Lift your knee up, while maintaining ankles together

Progress:

Lift the uppermost leg straight up



5/ Lunges

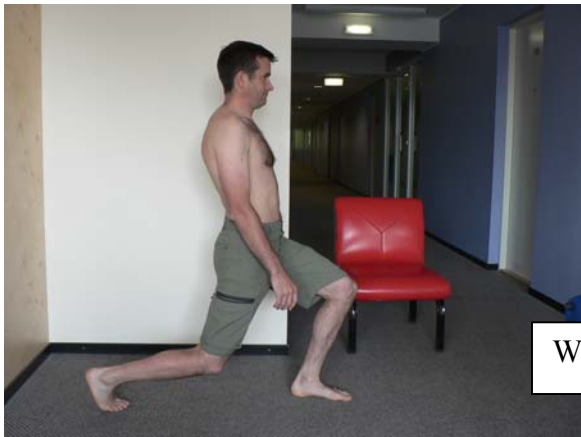
Find dynamic standing posture

Lunge forwards with one leg while maintaining your back straight and pelvis in neutral.

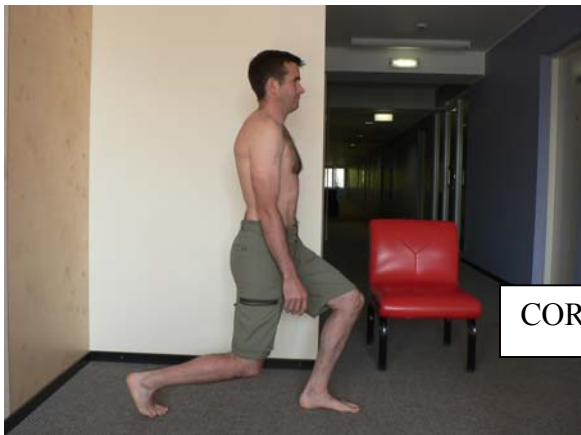
Return back to starting position

Progress:

Within the last set maintain the lunge position and pulse up and down 10-15 times before returning back to starting position



WRONG



CORRECT