

Runners core workout

1



2



3



4

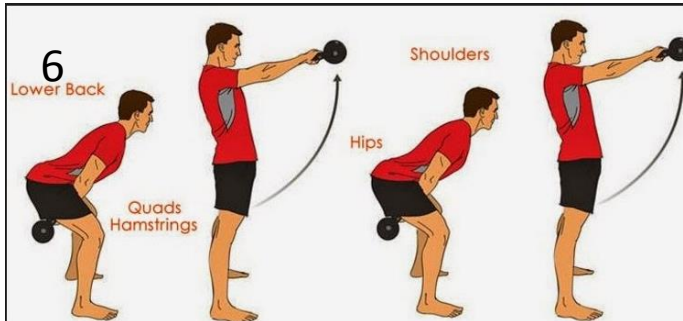


A

5



B



7



8



1. Plank and reach
2. Plank and side step
3. Runners Crunch
4. Seated Russian Twists
5. Side Plank Lift
6. Kettle bell swings
7. Kettle bell curls
8. Kettle bell rows

20 reps each, 3 circuits.