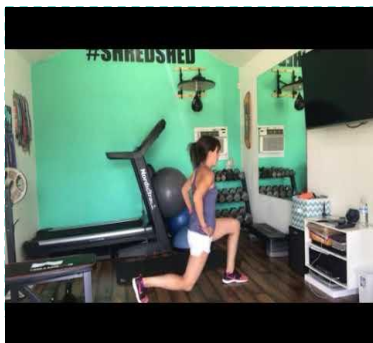HELPING RUNNERS FIND THEIR STRENGTH

LUNGE VARIATIONS FOR RUNNERS

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LUNGE VARIATIONS FOR RUNNERS

Perform before your run or strength training

REPS	8-12	8-12	8-12	8-12
WEIGHTS	Light to moderate	Light to moderate	Light to moderate	Light to moderate
EXERCISE	BODY WEIGHT LUNGE (WARM UP)	OVERHEAD LUNGE WITH ROTATION	SIDE LUNGE	CURTSY LUNGE WITH CHEST PRESS

OVERHEAD LUNGE WITH ROTATION

Description:

- Hold a dumbbell on each end and with straight arms hold it over your head.
- Step forward into a lunge position as described above until your thigh is parallel to the ground (or as low as your flexibility will allow).
- Once in the low lunge position, with straight arms, bring the weight down and to the side of your forward leg, twisting your torso.
- Return your arms to the overhead position.
- Stay in the low lunge position (isometric hold) and complete the rotation reps on this side before returning to the start position and repeating on the other side.

moderate_WEIGHT

8-12 REPS

2-3 SETS

WEIGHTED SIDE LUNGE

Description:
- Face forward with toes pointing straight ahead, hold a weight in your left hand and take a wide step out to your right side.
- Push your hips back, bend your right knee and hinge at the hips to lower into a side lunge position, bring the weight in your left hand to touch the floor next to your right foot.
- Do not round your back or allow your knee to move forward beyond your toe.
- Be sure to keep your torso and toes facing forward. Return to starting position and perform the assigned reps, then repeat on the other side.

Moderate WEIGHT

8-12 REPS

2-3 SETS

CURTSY LUNGE W/CHEST PRESS

Description:

- Holding a dumbbell on both ends at chest height stand with your feet hip apart.
- Cross your right leg behind the body and to the left. Bend left knee 90 degrees, or as low your flexibility will allow.
- While in the low position, straighten your arms to press the dumbbell out from your chest.
- Bring the dumbbell back to your chest and return to starting position.
- Alternate sides until you have completed the assigned reps on both legs.

| moderate WEIGHT | 8-12 REPS | 2-3 SETS |