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CL Core

We know you love to run but if you only run, you miss out on a lot of benefits that overall strength can give you in running and in life. This routine is short and requires no equipment. Make sure that you are engaging or bracing your core with proper alignment when doing these exercises. A good tip to "brace your core" is giving a quick cough. This activates your entire core region which you can then hold or brace.

Gear needed:

None required

Exercises:

Oblique Crunch

Plank

Side Plank

Single Leg Lowering with Bent Knee

Glute Scoot

Superman

How Many Repetitions:

Up to 20 Reps, each side

Hold up to 1 minute

Hold up to 1 minute, each side

Up to 20 Reps, each side

Up to 10 Reps, each side

Hold up to 1 minute

Purpose:

Along with glute strength, a strong, stabilizing core of your abs and stabilizing muscles in your back and hips can help with maintaining running form during long runs and races which can help ward off injury. A strong core helps with posture control and stabilizing your back and hips which drive your legs. That contributes to a more efficient running which can help you get faster.

BALANCE + FITNESS + EXCELLENCE



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Oblique Crunch

Equipment: None

Lie partially on your side. Place your hands lightly behind your head. Aim your chin up towards the sky as you do a small crunch using your side abs. This will not be a big movement.

You are aiming to get your shoulder just off the ground. Do not yank on your head to make this movement. Use the muscles on your side.

This exercise works your side abs.



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Front Plank from Knees

Equipment: None

Hold your body up on your elbows. Your elbows should be directly under your shoulders with your knees bent.

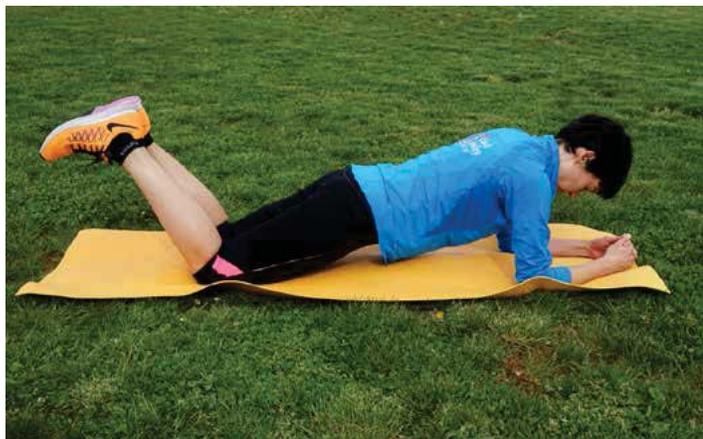
Make sure your core is engaged and squeeze your glutes and quads. To enhance the core workout, do a slight pike or bend at the waist.

Keep your body in a straight line and your head in line with your body.

This exercise works your entire core.



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Side Plank from Knees

Equipment: Mat

Rest on your side with elbow directly under your shoulder and knees bent. Engage your core and squeeze your glutes. Lift hips so body is in a straight line.

Do not let your hips sag.

This works your entire core but your obliques in particular. This also works your back muscles.



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Leg Lowering with Bent Knees

Equipment: Mat

Lie on your back, arms at your sides and palms down with hips and knees flexed to 90 degrees. Keeping the knees bent, slowly raise and lower one leg towards the floor. Hold just before your toe touches the ground. Keep your core braced and do not foot touch the ground. Reverse legs.

Do these slowly and in control maintaining your low back in a neutral position. Only lower your leg down as far as you can while maintaining proper control.

This works your entire core.



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Glute Scoot

Equipment: None

Lie on your back with your arms stretched out. Bring your legs up to vertical.

Engage your core and using your abs, bring your bottom slightly up off the ground and shift to the left. Then shift to the right. Do not use the momentum of swinging your legs to do this movement. Use your abs.

This is a small movement.

This exercise works your side and lower abs.



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Supermans

Equipment: None

Lying on your front, extend your arms above your head. Brace your core and simultaneously raise your torso and legs off the ground. Squeeze the glutes while maintaining lower back stability. Keep your head in line with your body by looking down and avoid twisting your neck.

This exercise works your back, core, glutes and hamstrings.



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