

8-Week Off-Season Conditioning and Injury Prevention Program

**Equipment needed: ~6" step or curb, timer*

How you work out in the off-season will reap huge benefits when we start our regular season training. If you are coming out of a competitive season, this program will help you maintain your strength and conditioning. For those just starting out, conditioning strengthens your entire body, which makes you less injury prone as our workout intensity increases in the regular season. This is an 8-week strength and conditioning program for you to implement at home. It is designed for you to be able to do on your own and without any extra equipment. These workouts are not a race to see how many reps you can do in the given time. It is critical that you focus on performing the warm-ups, workouts, and stretches correctly, with good form, and in a controlled manner so that you prevent injury. Instructions for how to perform each exercise can be found following the 8-week plan. Please read through and refer back to these instructions as needed so that you know what to do. On YouTube are numerous demonstrations of proper form for the various exercises.

8 Week Run and Workout Schedule

	MON	TUES	WED	THURS	FRI	SAT	SUN
WK 1	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Rest
	Easy Run	Workout (x2 rounds):	Easy Run	Workout (x2 rounds):	Long Run	Workout (x2 rounds):	
	Stretch	<ul style="list-style-type: none"> - Standing Short Foot 1' - Standing Yoga Toes 1' - Heel/Toe Raises 30"ea. - Squats 30" - Single Leg Balance 2x30"ea. - Plank 30" - Side Plank 30"ea. - Skaters 30" 	Stretch	<ul style="list-style-type: none"> - Heel Taps Forward 30"ea. - Heel Taps Lateral 30"ea. - Split squats 30"ea. - Single Leg Balance 2x30"ea. - Push ups 30" - Mountain Climbers 1' - Squat Jump 30" - Scissor Jumps 30" 	Stretch	<ul style="list-style-type: none"> - Heel/Toe Raises 30"ea. - Curtsy Squats 30" - Romanian Deadlift 30"ea. - Plank 30" - Side Plank 30"ea. - Burpees 30" - Double Leg Hops 30" - Step Ups 30"ea. 	
		Stretch		Stretch		Stretch	
WK 2	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Rest
	Easy Run	Workout (x2 rounds):	Easy Run	Workout (x2 rounds):	Long Run	Workout (x2 rounds):	
	Stretch	<ul style="list-style-type: none"> - Heel/Toe Raises 30"ea. - Romanian Deadlift 30"ea. - Static Squat 30" - Plank 1' - Side Plank 30"ea. - Burpees 30" - Scissor Jumps 30" - Skaters 30" 	Stretch	<ul style="list-style-type: none"> - Standing Short Foot 1' - Standing Yoga Toes 1' - Heel Taps Forward 30"ea. - Heel Taps Lateral 30"ea. - Superman Crunch 30"ea. - Push Ups 30" - Double Leg Hops F/B 30" - Double Leg Hops Lateral 30" 	Stretch	<ul style="list-style-type: none"> - Squats w/ Toe Raise 30" - Single Leg Squat 30"ea. - Donkey kicks 30"ea. - Mountain Climbers 1' - Plank w/ Shoulder Taps 30" - Burpees 30" - Squat Jump 30" - Bounding 3 laps 	
		Stretch		Stretch		Stretch	

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WK 3	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Rest
	Easy Run	Workout (x2 rounds): - Single Leg Heel Raise 30"ea.	Easy Run	Workout (x2 rounds): - Single Leg Short Foot 30"ea.	Long Run	Workout (x2 rounds): - Toe Raises 30"	
	Stretch	- Heel Taps Forward 30"ea. - Heel Taps Lateral 30"ea. - Static Squat 30" - Donkey Kicks 30"ea. - Plank w/ Alt Legs 1' - Side Plank w/ Hip Drop 30"ea. - Scissor Jumps 30"	Stretch	- Single Leg Yoga Toes 30"ea. - Squats w/ Toe Raise 30" - Static Lunge 30" - Superman Crunch 30"ea. - Romanian Deadlift 30"ea. - Step Ups 30"ea. - Skaters 30"	Stretch	- Single Leg Squats 30"ea. - Mountain Climbers 1' - Squat Jumps 30" - Double Leg Hops 30" - Double Leg Hops F/B 30" - Double Leg Hops Lateral 30" - Scissor Jumps 30"	
	Stretch		Stretch		Stretch		
WK 4	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Rest
	Easy Run	Workout (x2 rounds): - Single Leg Short Foot 1'ea.	Easy Run	Workout (x2 rounds): - Single Leg Airplane 30"ea.	Long Run	Workout (x2 rounds): - Single Leg Heel Raises 1'ea.	
	Stretch	- Single Leg Yoga Toes 1'ea. - Curtsy Squats 1' - Donkey Kicks 30"ea. - Plank w/ Alt Legs 1' - Side Plank w/ Hip Drop 30"ea. - Step Ups 30"ea. - Single Leg Hops 30"ea..	Stretch	- Static Squat 30" - Static Lunge 30"ea. - Superman Crunch w/ Knees Up 30" - Plank w/ Shoulder Taps 30" - Push Ups 30" - Skaters 1' - Bounding 3 laps	Stretch	- Toe Raises 1' - Squat w/ Heel Raise 1' - Romanian Dead Lift 1'ea. - Push Ups 1' - Plank w/ Alt. Legs 1' - Single Leg Hops F/B 30"ea. - Single Leg Hops Lateral 30"ea. - Tuck Jumps 30"	
	Stretch		Stretch		Stretch		
WK 5	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Rest
	Easy Run	Workout (x2 rounds): - Single Leg Airplane 30"ea.	Easy Run	Workout (x2 rounds): - Heel Taps Forward 1'ea.	Long Run	Workout (x2 rounds): - Single Leg Squats 1'ea.	
	Stretch	- Split Squats 30"ea. - Plank w/ One Leg Hold 30"ea. - Side Plank w/ Leg Lift 30"ea. - Squat Jumps 1' - Step Ups 30"ea. - Bounding 3 laps - Scissor Jumps 1'	Stretch	- Heel Taps Lateral 1'ea. - Static Squat 30" - Romanian Dead Lift 1'ea. - Donkey Kicks w/ Knees Up 30"ea. - Side Plank w/ Leg Lift 30"ea. - Tuck Jumps 30" - Skaters 1'	Stretch	- Cross Over Step Ups 30"ea. - Static Squat 1' - Static Lunge 30"ea. - Burpees w/ Push Up 30" - Single Leg Hops 1'ea. - Single Leg Hops F/B 1'ea. - Single Leg Hops Lateral 1'ea.	
	Stretch		Stretch		Stretch		

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WK 6	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up:	Warm Up	Rest
	Easy Run	Workout (x2 rounds): - Step Ups 30"ea.	Easy Run	Workout (x2 rounds): - Split Squats 1'ea.	Long Run	Workout (x2 rounds): - Cross Over Step Ups 30"ea.	
	Stretch	- Curtsy Squats 1' - Single Leg Heel Raise 1'ea. - Toe Raises 1' - Plank w/ One Leg Hold 1'ea. - Side Plank w/ Leg Lift 1'ea. - Tuck Jumps 1' - Skaters 1'	Stretch	- Single Leg Short Foot 1'ea. - Single Leg Yoga Toes 1'ea. - Donkey Kicks w/ Knees Up 30"ea. - Superman Crunch w/ Knees Up 30"ea. - Burpees w/ Push Up 30" - Step Ups 1'ea. - Squat Jumps 1'	Stretch	- Single Leg Airplane 30"ea. - Romanian Deadlift 30"ea. - Burpees w/ Skaters 30" - Side Plank w/ Hip Drops 1'ea. - Plank w/ One Leg Hold 1'ea. - Push Ups 30" - Tuck Jumps 1'	
	Stretch		Stretch		Stretch		
WK 7	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Rest
	Easy Run	Workout (x2 rounds): - Cross Over Step Ups 1'ea.	Easy Run	Workout (x2 rounds): - Squats w/ Heel Raise 1'	Long Run	Workout (x2 rounds): - Curtsy Squats 1'	
	Stretch	- Heel Taps Forward 1'ea. - Heel Taps Lateral 1'ea. - Toe Raises 1' - Push Ups 1' - Donkey Kicks w/ Knees Up 1'ea. - Superman Crunch w/ Knees Up 1'ea. - Scissor Jumps 1'	Stretch	- Static Squat 1' - Static Lunge 1'ea. - Cross Over Step Ups 1'ea. - Push Ups 1' - Side Plank w/ Leg Hold 1'ea. - Bounding 3 laps - Skaters 1'	Stretch	- Donkey Kicks w/ Knees Up 1'ea. - Plank w/ Alt. Legs 1'ea. - Burpees w/ Push Up 1' - Single Leg Hops F/B 1'ea. - Single Leg Hops Lateral 1'ea. - Squat Jumps 1' - Single Leg Balance 1'ea.	
	Stretch		Stretch		Stretch		
WK 8	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Rest
	Easy Run	Workout (x2 rounds): - Split Squats 1'ea.	Easy Run	Workout (x2 rounds): - Single Leg Heel Raise 1'ea.	Long Run	Workout (x2 rounds): - Single Leg Short Foot 1'ea.	
	Stretch	- Step Ups 1'ea. - Toe Raises 1' - Romanian Deadlift 1'ea. - Plank w/ Leg Hold 1'ea. - Side Plank w/ Leg Hold 1'ea. - Burpees w/ Skaters 1' - Bounding 3 laps	Stretch	- Mountain Climbers 1' - Donkey Kicks w/ Knees Up 1'ea. - Side Plank w/ Leg Up 1'ea. - Plank 1' - Double Leg Hops F/B 1' - Skaters 1' - Bounding 3 laps	Stretch	- Single Leg Yoga Toes 1'ea. - Heel Taps Forward 1'ea. - Heel Taps Lateral 1'ea. - Static Squat 1' - Superman Crunch w/ Knees Up 1'ea. - Scissor Jumps 1' - Tuck Jumps 1'	
	Stretch		Stretch		Stretch		

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Definitions:

Easy Run: Off-season is the time for easy runs. You should be running a minimum of 30 minutes or about 3-4 miles each outing. If you feel fresh and want to, some of your runs may be a little more up tempo. But remember we want to maintain your endurance and the base mileage you gained in cross-country; we'll have plenty of time to work on speed once pre-season track starts.

Long Run: Over the next 8 weeks, work on gradually increasing your time/distance on 1 run a week. Sprinters should plan to gradually increase to about 40 minutes each long run. Beginning middle school distance runners should plan to gradually increase to about 3 miles. Beginning high school distance runners should work up to about 5 miles by the end of the 8 weeks. Experienced middle school runners should aim for 5 miles, and experienced high school runners should aim for 7-8 miles by the end of the 8 weeks.

Workouts: Perform each of the exercises listed in the workouts with 30 seconds rest break between each one. Take a 2-minute rest break after the first round is completed, and then perform each exercise again for a second round.

	Exercise	Reps	Description
Warm Up	Arm Circles Forward & Backward	x10 ea. direction	Hold your arms straight out to your sides. Rotate forwards 10x then backwards 10x
	Ankle Circles Clockwise & Counterclockwise	x10 ea. direction	Pick up your right foot and rotate clockwise 10x, then counterclockwise 10x. Repeat on left.
	Hip Swings Forward and Sideways	x10 ea. direction	Keeping your leg straight, swing your right leg forwards and backwards 10x, then swing your right leg side to side in front of your body 10x. Repeat on left.
	Hamstring Scoops	3 laps	Straighten your right leg in front of your body. Keeping your back straight, bend at the hips and make a scooping motion with your arms back up to standing. Then repeat this motion with the left. Repeat on both sides about 20 yards then turn around and return to starting spot. That is 1 lap.
	Toy Soldiers	3 laps	In a walking motion, kick your right leg straight out in front of you and up towards your head while reaching out toward your right toes with your left hand. Repeat with the left leg and right hand. Continue in a walking motion for about 20 yards then turn around and return to starting spot. That is 1 lap.
	Heel walks/Toe walks	3 laps ea.	Walk 20 yards on your heels then turn around and return to starting spot. That is 1 lap. Walk 20 yards on your toes then turn around and return to starting spot. That is 1 lap.
	High Knees/Butt Kicks	3 laps	In quick succession, bring your right knee up towards your chest and then switch to bring your left knee up towards your chest. Repeat motion forwards for about 20 yards then turn around and continue motion to starting spot. That is 1 lap. Repeat 3x. Then in quick succession, bring your right heel straight up towards your right butt cheek and then switch to bring your left heel straight up towards your left butt cheek. Repeat motion forwards for about 20 yards then turn around and continue motion to starting spot. That is 1 lap. Repeat 3x.
	Walking Lunges Forward	3 laps	Step your right foot forward and bend your right knee into a lunge position. As you bend your knee, your arms should assume a running position (bent at 90° angle) with left hand in front of your chest and right hand at your right hip. Stand and bring your left foot

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forward to meet your right foot. Step forward with your left foot and bend your left knee into a lunge position. Switch your arms so right hand is in front of your chest and left hand is at your left hip. Stand and bring your right foot forward to meet your left foot. Repeat for about 20 yards then turn around and return to starting spot. That is 1 lap.

Side Lunges 3 laps Facing forward step out to the right into a side lunge. Bring your left foot over to meet your right and repeat about 20 feet. Facing the same direction perform left side lunges for about 20 feet and return to starting spot. That is 1 lap.

Stretch

Ankle Circles Clockwise & Counterclockwise	x10 ea. direction	Hold your arms straight out to your sides. Rotate forwards 10x then backward 10x
Gastrocnemius Stretch	3 x 30 seconds ea.	Stand with your toes on a step or against a wall and with your knee straight . Lean forward until you feel a stretch in your calf. Hold.
Soleus Stretch	3 x 30 seconds ea.	Stand with your toes on a step or against a wall and with your knee bent . Lean forward until you feel a stretch deep in your calf. Hold.
Quadriceps Stretch	3 x 30 seconds ea.	Bend your right knee back towards your right butt cheek. Hold right foot in right hand. Try to get your heel as close to your butt as possible while keeping your knee pointed straight down. Repeat on left.
IT Band Stretch	3 x 30 seconds ea.	Cross right foot over left. All your weight should be on your left foot. Extend your left arm straight up in the air and bend over towards your right side. You should feel the stretch going from your left hip down towards your knee. Stand up and repeat on the other side.
Hamstring Stretch	3 x 30 seconds ea.	Standing with your feet hip width apart, bend over at the waist and lean toward your right foot. Let your head hang heavy towards the ground and hold. Come to an upright position and repeat on other side.
Hip Adductor Stretch	3 x 30 seconds ea.	Stand with feet slightly wider than hip width apart with toes facing forward. Bend your right knee and lean to your right side keeping your left foot firmly on the ground until you feel a stretch in your left inner thigh. Hold. Stand up and repeat on the other side.
Arm Circles Forward & Backward	x10 ea. direction	Hold your arms straight out to your sides. Rotate forwards 10x then backward 10x.
Shoulder Cross-Body Stretch	3 x 30 seconds ea.	Extend right arm left across your chest. Using your left arm, gently stretch out your right shoulder and upper arm. Hold. Release and repeat on other side.
Neck Circles Clockwise & Counterclockwise	x10 ea. direction	Drop chin to chest, rotate to the left, rotate to the back, rotate right, and back to center.

Workout

Bounding	<i>Bounding</i> – Run with high bounding steps, toes up and a high knee lift, landing gently on the ball of your foot. Use an exaggerated arm swing for each step (opposite arm and leg). Try not to let your leading leg cross the midline of your body or let your knees buckle inwards. Repeat the exercise for about 50 feet then jog back to recover. Repeat.
Burpees	<i>Burpees</i> – Jump up and land on balls of feet with knees slightly bent. Upon landing, drop down into plank position and then immediately push back to standing and jump up. Repeat for given time. <i>Burpees w/ Push Up</i> – Perform burpees as described above but when down in plank position perform a push up. <i>Burpees w/ Skater</i> – Perform burpees as described above (without push up), but instead of jumping vertically jump laterally switching sides each time.

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Donkey Kicks

Donkey Kicks – Start on hands and knees in tabletop position with a flat back. Keeping knee bent kick right foot up towards the sky and slowly lower back down. Repeat for given time. Make sure back remains straight and body and hips don't rotate. Switch sides and repeat.

Donkey Kicks w/ Knees Up – Perform donkey kicks and described above while maintaining non-kicking knee in a slight hover off the ground.

Heel Raises

Standing on both feet push through your toes and lift your heels up off the ground and slowly lower back down.

Single Leg Heel Raise– Perform heel raise motion standing on one leg for given time. Repeat on other leg.

Heel Tap

Heel Taps Forward – On approximately 6" step or curb, stand on right leg. Slowly lower left leg in front of body and tap heel on the ground without letting right knee fall inwards and keeping right heel on step. Return to standing. Repeat for given time. Switch to standing on left leg and repeat motion.

Heel Taps Lateral – On approximately 6" step or curb, stand on right leg. Slowly lower left leg to side of body and tap heel on the ground without letting right knee fall inwards and keeping right heel on step. Return to standing. Repeat for given time. Switch to standing on left leg and repeat motion.

Hops

Double Leg Hops – Standing with feet together hop up and down in quick succession remaining in same spot. Land on balls of feet and with slight bend in knees. Repeat for given time.

Double Leg Hops F/B – Perform double leg hops as described above but hop forward slightly and then hop backward to starting spot. Repeat in quick succession for given time.

Double Leg Hops Lateral – Perform double leg hops as described above but hop to the right slightly and then hop back to the left slightly. Repeat in quick succession for given time.

Single Leg Hops – Standing on right leg hop up and down in quick succession remaining in same spot. Land on ball of foot and with slight bend in knee. Repeat for given time. Switch legs and repeat motion.

Single Leg Hops F/B – Perform single leg hops as described above but hop forward slightly and then hop backwards to starting spot. Repeat in quick succession for given time. Switch legs and repeat motion.

Single Leg Hops Lateral – Perform single leg hops as described above but hop to the right slightly and then hop back to the left slightly. Repeat in quick succession for given time. Switch legs and repeat motion.

Jumps

Scissor Jumps – Start standing with your right foot in front of your left. Bend your right knee and lower into lunge position. Push up to jump quickly and switch your feet landing in lunge position with your left foot in front of your right. Push up into jump and switch feet again. Repeat in quick succession for given time.

Tuck Jumps – Start standing with your feet hip width apart. Jump up, pulling your knees up towards your body. Land softly on the balls of your feet and with your knees slightly bend. Repeat quickly.

Mountain Climber

Mountain Climber – Start in plank position on hands with arms straight and legs straight. Keeping your back straight bring your right knee up towards your chest and return to starting position. Next bring your left knee up towards your chest and return to starting position. Repeat in quick succession for given time.

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Plank

Planks – Start lying on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. Lift your body up, supported on your forearms, pull your stomach in, and hold the position for given time. Your body should be in a straight line. Try not to sway or arch your back.

Plank w/ Alt. Leg – Start in plank position as described above. Lift each leg in turn, holding for a count of 2 sec. Continue for given time. Your body should be in a straight line. Try not to sway or arch your back.

Plank w/ Leg Hold – Start in plank position as described above. Lift one leg about 10-15cm off the ground, and hold the position for given time. Your body should be straight. Do not let your opposite hip dip down and do not sway or arch your lower back.

Plank w/ Shoulder Taps – Start in plank position on hands with arms straight and legs straight. Maintaining a straight back and even hips lift your right arm and tap your left shoulder. Return arm to starting position and repeat with left. Repeat back and forth for given time.

Side Planks – Start lying on your side with the knee of your lowermost leg bent to 90 degrees. Support your upper body by resting on your forearm and knee (to make this harder straighten your lower leg and lift knee off the ground during exercise). The elbow of your supporting arm should be directly under your shoulder. Lift your uppermost leg and hips until your shoulder, hip and knee are in a straight line. Hold the position for given time. Switch sides and repeat.

Side Plank w/ Hip drop – Start lying on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder. Lower your hip to the ground and raise it back up again. Repeat for given time. Switch sides and repeat.

Side Plank w/ Leg Hold – Start lying on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder. Lift your uppermost leg up and hold for given time. Switch sides and repeat.

Push Up

Push Ups – Start in plank position with arms straight and legs straight, on toes (if this is too difficult, may drop to knees being sure to keep back in straight line from shoulders to knees). Slowly bend elbows and lower entire body to the floor. Push back up to plank position. Keep body straight the entire time. Repeat.

Romanian Deadlift

Romanian Deadlift – Standing on your right leg and with a slight bend in your knee, hinge forward at your hips and reach your left arm to your right foot while maintaining your balance. Make sure to keep your back straight and keep your stance knee pointing forwards. Return to standing upright. Repeat for given time. Switch legs.

Short Foot

Short Foot – Standing on both legs and keeping your toes and heels on the ground, try to pull your arch upwards. Hold for 3 seconds then relax. Repeat.

Single leg Short Foot – Perform short foot motion standing on one leg with slight bend in knee for given time. Repeat on other leg.

Single Leg Balance

Single Leg Balance – Stand on one leg with slight bend in knee. Make sure one hip does not drop lower than the other. Hold for given time. Repeat on other leg.

Single Leg Airplane – Start standing on right leg with slight bend in knee. Hinge slightly at your hips. Slowly rotate left side of body into an “open” position with left arm and leg out straight. Return to starting position without dropping foot. Repeat for given time. Switch sides and repeat.

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Skater	<p><i>Skater</i> – Stand on one leg with your upper body bent slightly forwards from the waist, with knees and hips slightly bent. Jump approximately 1 meter sideways from the supporting leg on to the free leg. Land gently on the ball of your foot. Bend your hips and knees slightly as you land and do not let your knee buckle inward. Jump to the other side. Maintain your balance with each jump. Repeat for given time.</p>
Static Lunge	<p><i>Static Lunge</i> – Stand with your right foot in front of your left. Bend your right knee and lower into a lunge position. Make sure your front knee is facing straight forward, bent about 90 degrees with your knee directly over your foot; do not let your back knee touch the ground. Hold this position without standing for given time. Repeat on other side.</p>
Squat	<p><i>Squat</i> – Standing with your feet hip width apart. Bend your hips and your knees to 90 degrees like you are about to sit in a chair. Make sure your knees do not fall inwards. Descend slowly as low as possible and then powerfully stand straight up to starting position in a quick motion. Repeat.</p> <p><i>Squat with Toe Raise</i> – Perform squat motion as described above. When your legs are straight push up on your toes into a heel raise and then lower back down. Repeat entire motion.</p> <p><i>Squat Jumps</i> – Perform squat motion. Once you reach position where hips and knees are bent at 90 degrees push upwards into a jumping motion. Land softly on ball of feet and quickly return to squat position. Repeat.</p> <p><i>Curtsy Squat</i> – Start standing with your feet hip width apart. Step your right leg behind and across your body to the left into a “curtsy” motion. Push back into standing. Repeat to the opposite side.</p> <p><i>Split Squat</i> – Place one foot behind you on a step or chair. Walk your other foot forward a bit to a comfortable distance. Bend your front knee and slowly lower down into lunge-type position. Make sure your front knee is straight and bent to about 90 degrees. Slowly descend and then push back to standing more quickly. Repeat for given time. Switch legs.</p> <p><i>Static Squat</i> – Sit in a squat position – hips and knees at 90 degrees – for given time without standing up.</p>
Step Ups	<p><i>Step Ups</i> – Using your approximately 6" step or similar size curb step up with your right leg and then up with your left. Step down with your right foot and then down with your left. Repeat quickly for given time. Switch lead leg and perform same motion</p>
Superman Crunch	<p><i>Superman Crunch</i> – Start on hands and knees in tabletop position. Pull your right arm and left knee inwards into a crunch position then extend arm and leg away from body. Repeat for given time. Switch arm and leg.</p> <p><i>Superman Crunch w/ Knees up</i> – Perform superman crunch as listed above but while maintaining knees up off the ground.</p>
Toe Raises	<p><i>Toe Raises</i> – Standing on both feet lift your toes up toward your head and slowly lower back down. Repeat. Make sure to keep your upper body still during this motion.</p>
Yoga Toes	<p><i>Yoga Toes</i> – Standing on both legs and keeping your heels on the ground, lift your big toe up towards your head and push your small toes down into the ground at the same time. Next, switch and push your big toe down into the ground and lift your small toes up towards your head. Repeat.</p> <p><i>Single leg Yoga Toes</i> – Perform yoga toes motion standing on one leg with slight bend in knee. Repeat on other leg.</p>
