

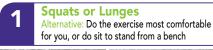
Outdoor Gym

Support your running

Always view the 'before you start' document prior to beginning.

For every resistance exercise, complete 3 sets of 10-15 repetitions, with a 30 second break between sets (unless otherwise stated). Increase the repetitions to make this harder.

For every cardio exercise, complete intervals of 30 seconds fast and 1 minute cool down, and repeat that 3-4 times (unless otherwise stated). Increase the 'fast' time to make this harder.





2 Heel raises
Alternative: Do this on a flat surface"



3 Kick back and out
Alternative: Stand up and hold something
stable, then kick your leg back





4 Leg press machine
Alternative: Lunges, squats, or sit
to stand from a bench



5 Cross trainer
Alternative: Bicycle



6 Sit ups
Alternative: Crunches, half sit ups, or a plank on your knees



This is ideal for just after a run, or on a non-running day to help support.



