athletic point
FOR TOTAL RUNNING

SERVICE

4 oefeningen voor hardlopers

WEEK 8

athletic point
FOR TOTAL RUNNING

Alternating side steps | Lateral Lunge | Butt kicks | Calf Raises
Squat | Cat Walk | Jumping Jacks | Bridge Calf Raise
Squat Side Kick | Bridge | Prone Leg Lift Alternated | Forward Lunges
Pulse Lunges | Squats up against the wall | Mountain Climber | Lateral swings with straight

WEEK 8

10 a 15 reps

Squat	Cat Walk	Jumping Jacks	Bridge Calf Raise

5 Squats

6 Cat Walk

7 Jumping Jacks

8 Bridge Calf Raise

Squat

Cat Walk

Jumping Jacks

Bridge Calf Raise