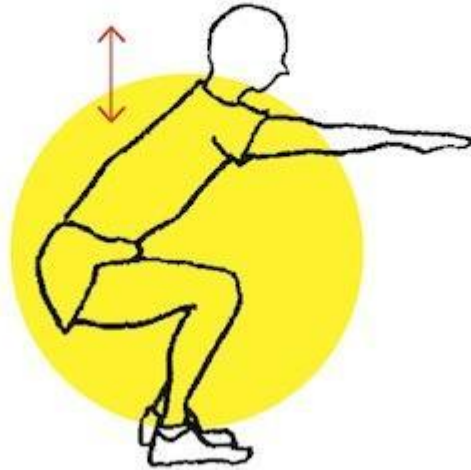
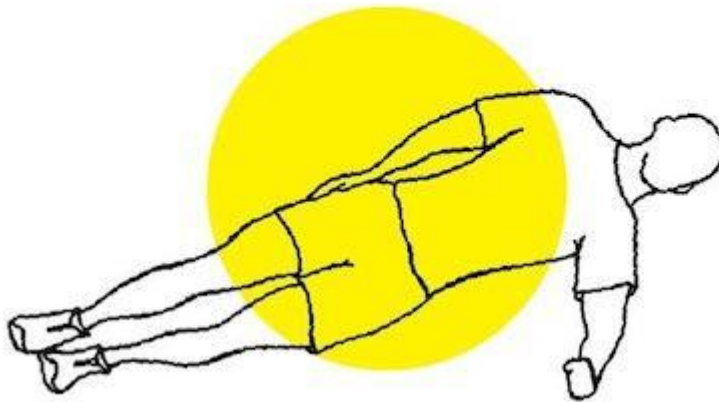


Cut 10 minutes from your run four to six times a week and perform each of the following exercises for the length of time indicated.

1:00 SQUAT



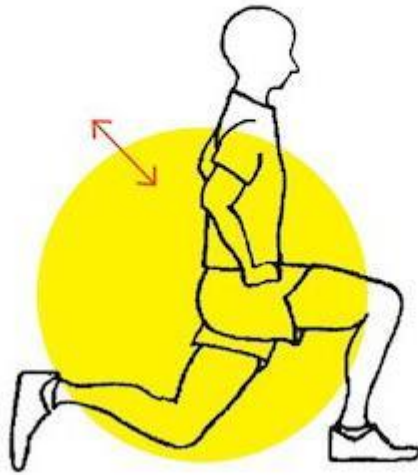
1:00 SIDE PLANK
30 seconds on each side



2:00

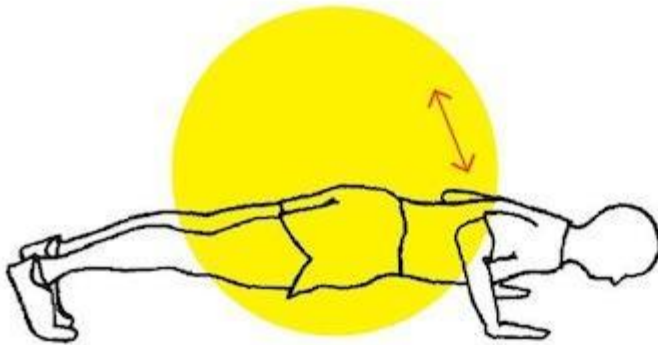
LUNGE

1 minute leading with each leg



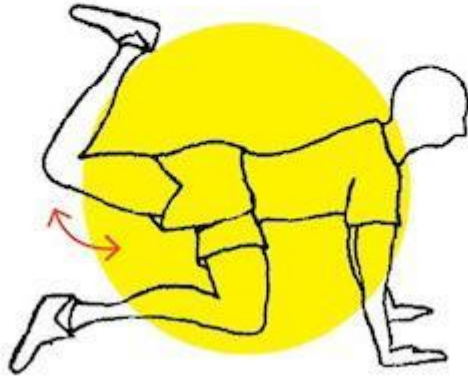
1:00

PUSHUP

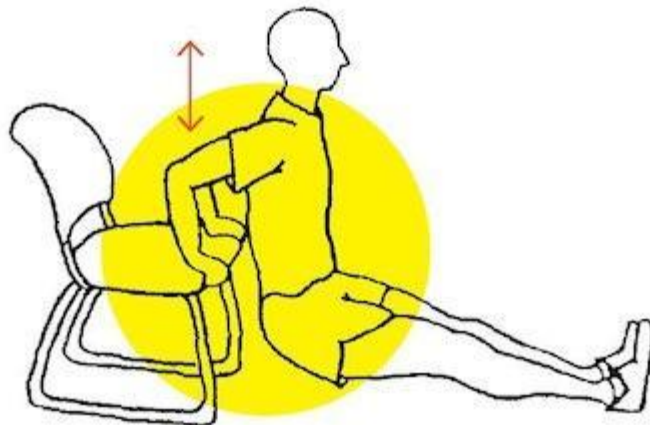


1:00 **BENT-LEG DONKEY KICK**

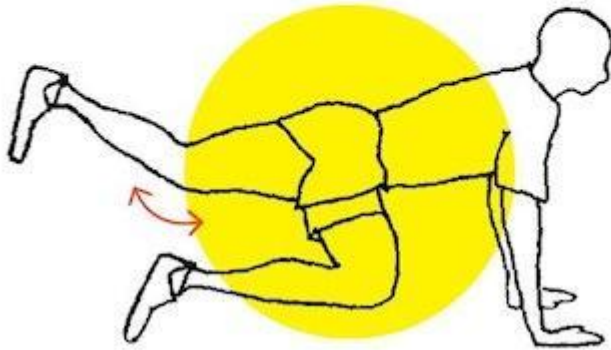
30 seconds per leg



1:00 **DIP WITH A BENCH OR CHAIR**



1:00 **STRAIGHT-LEG DONKEY KICK**
30 seconds per leg



1:00 **SEATED RUNNING ARMS**



1:00

FRONT PLANK

