

## JOHNSON AND HAYES INJURY PREVENTION EXERCISES FOR RUNNERS

### CORE STRENGTHENING

| EXERCISE<br>NUMBER | EXERCISE                | SETS                 | REPS           | VIDEO LINK                  |
|--------------------|-------------------------|----------------------|----------------|-----------------------------|
| 1                  | FORWARD<br>PLANKS       | 5                    | 30<br>SECONDS  | <a href="#">WATCH VIDEO</a> |
| 2                  | SIDE<br>PLANKS          | 2<br>ON EACH<br>SIDE | 30<br>SECONDS  | <a href="#">WATCH VIDEO</a> |
| 3                  | ABDOMINAL<br>CRUNCHES   | 2                    | 20             | <a href="#">WATCH VIDEO</a> |
| 4                  | OBLIQUE<br>CRUNCHES     | 2                    | 20<br>EACH WAY | <a href="#">WATCH VIDEO</a> |
| 5                  | ALTERNATING<br>DEAD BUG | 2                    | 20             | <a href="#">WATCH VIDEO</a> |