Myrtle After Run 3-4 days a week

Clams 8 – reps each side

Side Planks/Lateral Raises 5 - neutral foot/5 toe pointed up/5 pointed down

Donkey Kicks – 8 reps each leg

Fire Hydrant – reps each side

Knee Circle Forward – 5 reps each leg

Knee Circle Backward – 5 reps each leg

Hurdle Trail Leg Forward – 5 reps each leg – (against wall)

Hurdle Trail Leg backward – 5 reps each leg – (against wall)

Lateral Leg Swing – 5 reps each leg (against wall)

Linear Leg Swing – 5 reps each leg (against wall)

Linear Leg Swing – Bent Knee 5 reps each leg (against wall)