

RW

6 Beginner Bodyweight Exercises for New Runners

PERFORM EACH EXERCISE BELOW. REST FOR 30 SECONDS BETWEEN EACH MOVE. COMPLETE 3 SETS TWICE A WEEK.

Squat
10 Reps



Backward Lunge
8-10 reps



Bridge
10 reps



Rolling Side Plank
10 reps



Mountain Climber
10 reps



Superman
10 reps



New Exercises For Runners

VM Jensen



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