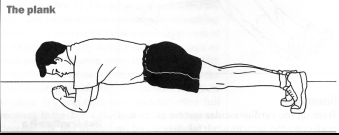
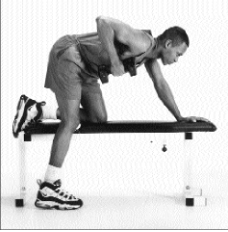
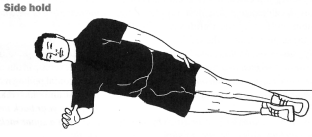
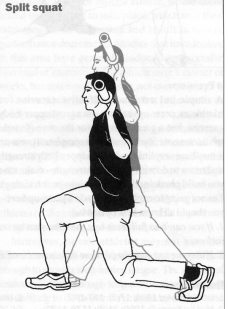
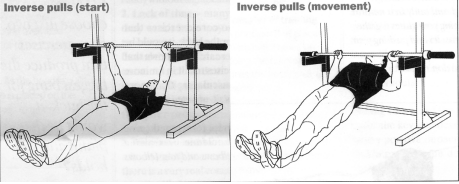
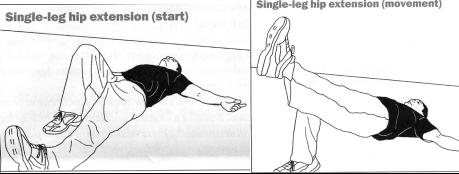
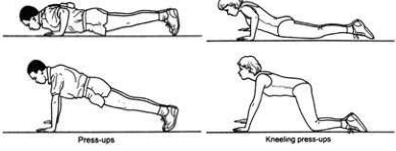


Broughton Runners Strength Circuit 1

Do all the exercises one after the other, then repeat the whole circuit twice.

| | Exercise | Comment | Your Time/Quantity |
|---|--|--|--------------------|
| 1 | <p>The plank</p>  | 30-60 secs | |
| 2 |  | Repeat for each arm. Only use light weights but fast action. If you don't have dumbbells, find something you can lift with one hand. | |
| 3 | <p>Side hold</p>  | Do 30-60 secs on both sides | |
| 4 | <p>Split squat</p>  | Do this without the pole and spring back to the starting position. Alternate legs. | |
| 5 | <p>Inverse pulls (start) Inverse pulls (movement)</p>  | Only do this if possible, i.e. if you have access to a bar just over arms length above you. | |
| 6 | <p>Single-leg hip extension (start) Single-leg hip extension (movement)</p>  | Repeat for both legs. | |
| 7 |  <p>Press-ups Kneeling press-ups</p> | Use the kneeling press-up ONLY if the full press-up is too hard. | |