

## Home exercises

The following exercises can help to compliment your trail running.

### Single leg bridge

Exercise	Description	Instructions	Sets/Reps
	Bridges with one leg	Cross your (L) ankle onto your (R) knee. Using the (R) leg lift up your hips off of the floor. Squeeze your hamstrings as you lift up. Adjust the leg positions to customize the exercise for you. No pain. Not negotiable.	20 Reps L & R

### Dynamic balance

Exercise	Description	Instructions	Sets/Reps
	Single leg balance	Balance on one leg. Bend forward as though you want to touch the floor. This exercise is designed to challenge the stance leg glute. As you bend forward straighten out the opposite leg to help with stability and add emphasis to the exercise.	20 Reps L & R

### Quadricep stretch

Exercise	Description	Instructions	Sets/Reps
	Side lying quadricep stretch	Lie on your (R) side and pull your (R) knee in toward your chest. This is to protect your lower back. Then pull your (L) heel towards your bum using your (L) hand (or a belt/rope/towel if you cannot reach without straining). Make sure that you keep your lower back rounded (do not arch your back). Stretch smart not forcefully.	2 Sets 30 Sec L & R

### Adductor stretch

Exercise	Description	Instructions	Sets/Reps
	Kneeling adductor stretch	Kneel on the floor. Straighten one leg out to the side. Adjust your torso position to enhance the stretch. You should feel this in your inner thigh, not your groin or knee. You can also place a towel under your knee rather than kneeling directly on the floor.	2 Sets 30 Sec L & R

### Ankle stability

Exercise	Description	Instructions	Sets/Reps
	Balance with one foot in front of the other on a yoga mat	Balance one foot in front of the other on a yoga mat. Shift weight forward and then backward. Focus on foot placement.  To advance: 1) arms crossed or 2) single leg.	1 set 30 Sec

**Disclaimer:** These are generic exercises. They are not intended to remedy specific injuries. If you choose to do them you accept that you do so freely. The best care is face-to-face care. If you are injured or need a customised programme you should reach out to a physiotherapist or biokineticist in your area for advice. If you are in doubt, please do not attempt these exercises.