

## The basics about strengthening

Only well trained muscles can protect you from injuries through a better pre-tensioning of the body. In this way you improve your running and power efficiency. The exercises shown below are suited to you. Please pay attention to the following points:

1. Number of repetitions: 15-25 repetitions in one unit and 3-4 units with the dynamic exercises. In the static exercises: Hold for 10-30 seconds 3-4 times respectively. It is optimal to train 3-4 times a week.
2. Pay attention to executing the exercises correctly.
3. Breathe quietly and consistently during all exercises.
4. Hold your head upright as an extension of the spinal column.
5. Always execute the exercises slowly and in a controlled manner.
6. This is a program for healthy individuals. Please consult with a physician if you have any doubts about beginning with this training.

### Abductors (thigh spreader)

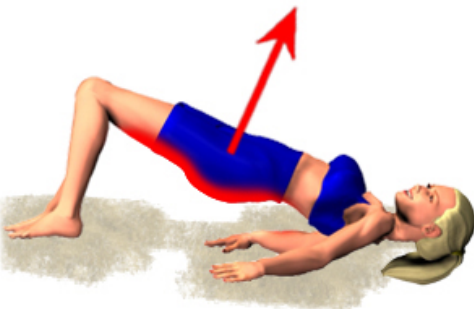
Start position: Lie down on your side with the bottom leg slightly bent.



Execution: Lift and sink your upper leg without toughing the floor with your foot in between. Stretch is as far back as is possible without developing a hollow back. Lift the tip of your foot.

### Gluteus both sides (buttocks musculature)

Start position: Lying on your back bend your legs at the knee (as if you were going to do a sit-up).

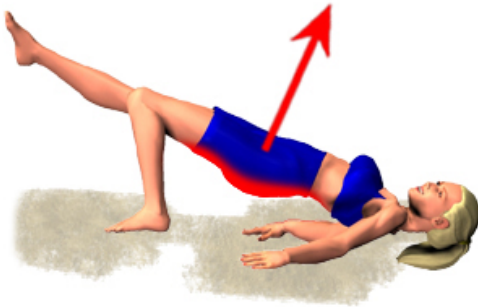


Execution: Lift your pelvis far enough that your stomach, pelvis and thigh form a line. Hold this position.

## Gluteus left (buttocks musculature)

Start position: Lie down in supine position. Angle the left leg. Stretch your right leg.

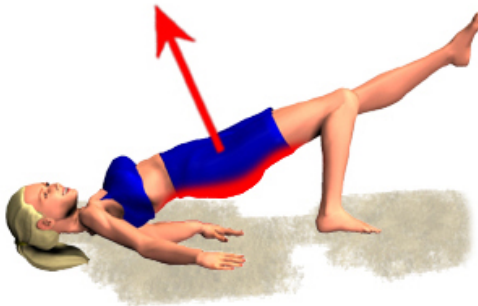
Execution: Elevate your pelvis. Stomach, pelvis and thigh should form a line. Stretch your right leg in extension to your trunk. Keep your pelvis on the horizontal level.



## Gluteus right (buttocks musculature)

Start position: Lie down in supine position. Angle the right leg. Stretch your left leg.

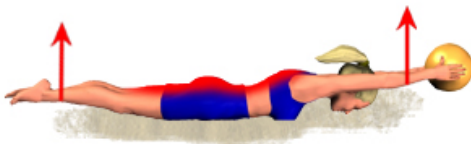
Execution: Elevate your pelvis. Stomach, pelvis and thigh should form a line. Stretch your left leg in extension to your trunk. Keep your pelvis on the horizontal level.



## m. erector spinea

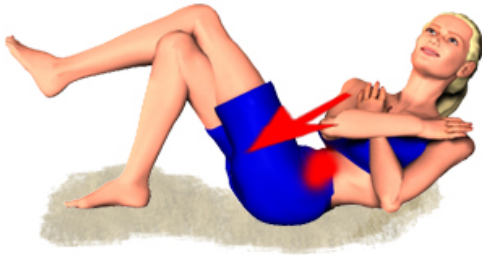
Start position: Lay on your stomach with your arms and legs spread apart.

Execution: Hold a light object in your hands (i.e. a ball). Lift your arms and tips of your feet slightly while looking at the ground.



## Cross knee crunches

Start position: Lie on your back with your knees-bent and crossed over one another.



Execution: Raise your torso diagonally so that you try to touch each shoulder to the opposite hip alternately. At the top position, one shoulder and one hip should be off the ground. Focus on the ceiling through out the exercise.

## Tibialis anterior (front shin bone muscle)

Start position: Stand on your heels.



Execution: Slowly lift the tips of your feet, stay in this position for about five seconds and lower your foot again. Repeat the exercise.

## Triceps surae (calf musculature)

Start position: Stand on the entire foot.



Execution: Now lift then lower your heels.



### Lower abdomen - easy

Start position: Lay on your back with your arms to the side of your body. The slightly bent legs should point up. Your feet should be above your pelvis.

Execution: Attempt to lift the pelvis approximately 5 cm from the ground. Do not swing into the position! Imagine pushing your legs towards the sky. Then lower your pelvis in slow motion and repeat the exercise.

Avoid: Do not use the arms to lift your pelvis up.



### Vastus medialis (inner thigh muscle)

Start position: Stand as if you were taking a stride. Bend the knee of your front leg about 40°. Stretch your back leg and touch the ground with the tips of your toes. Be certain that your knee stays in line with the hip and foot.

Execution: Now bend and stretch the front knee slowly and in a controlled manner without leaving the ideal line.

Avoid: Be careful with knee injuries and acute pain in the knee.