



MORGAN HILL MARATHON+HALF

Resistance workout

Keep this light for the first few times. Do not injure yourself. We even get sore doing some of these. This can be done at home, on the road, or at the gym. The goal with resistance is to build core strength to get you through 2-3 hours of vigorous exercise. Plus you will be healthier and it burns more calories. Many of these will feel goofy for the first few weeks if you have never done them. Do in order if possible.

1. Warm up by walking with high knees, bring your knees high as comfortable. While walking curl your arms. No weights needed. Do 3 sets of 30 seconds.
2. Squats with overhead presses. Squat down as far as **comfortable**. Remember this is new. Put your hands near your shoulders. As you stand up push your hips forward like you are thrusting. Extend your hands over head as high as possible while you are upright. Squat back down and bring your hands back to your shoulders. **Look up** while doing these. Keep your back straight. 3 sets of 20 seconds
3. Lunges with twists. Best way to explain these is with one foot forward. Right foot, lunge position. Put your hands together in front of you. As you lunge (lower your left knee to a few inches above the ground), you will twist your torso to the right. Only as much as comfortable. Push back up primarily with your right leg and butt. Make sure your knee does not extend over your toes, drop straight down. 3 sets of 10 each leg.
4. Torso twists. Put your hands together at shoulder height in front of you. Elbows out. Gently spin each direction back and forth. Make sure your hips stay stable. They do not spin. Upper body does. 3 sets of 30 seconds.
5. Plank or pushups. Both are knees on the ground. Pushups go for as many as possible up to 10. Plank (holding the pushup position at the top), go for 15 seconds. 3 sets.
6. Ab work. Let's try this to start. If you are more advanced go ahead. Lie on your back. Knees up and bent, feet on the ground. Arms extended straight up. Fingers towards the ceiling. Reach up as high as you can, straight up. Try to engage your abs. 3 sets of 20 seconds. SLOW
7. Dips on your bed or a chair. This one is difficult to explain and please let me know if it is too difficult. Dips are a touchy subject because even 1 is good. Try to go up an additional 1 or 2 each week. Start sitting on a bed or chair or ottoman. Put your hands down at your side on the device. Scoot your butt off the device. Your arms should be holding you up and they are fully extended (elbows locked out). Gently bend your elbows and try to let your triceps hold your weight. Bend them as much as possible and then extend. If you can do one great. Work up. 3 sets as many as possible.

You just worked your whole body!

Disclaimer:

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