

**Leg Swings:** Stand with your legs hip-width apart. Swing your right leg forward and back, increasing the range of motion as you go (especially backwards to activate your glutes). Repeat on your left leg. Keep your knees slightly bent and relaxed. You can use a wall or table to rest your hands on for support if needed.

**Lateral Leg Swings:** These are similar to leg swings, except you are swinging your legs side to side instead of front to back.

**Arm Circles:** These will loosen up a tight upper back and help you keep your arms and shoulder in the proper position while running. Extend your arms straight out from your sides, parallel with the ground. Circle your arms forward for the number of reps, and then circle them backwards. Keep your shoulders down and away from your ears and stand up straight.

**Walking Lunges:** Begin standing with your feet hip-width apart. Step forward with your right foot into a lunge, with your knee above your ankle and thigh parallel to the ground. Lift your left leg up and forward and then step into a lunge with your left leg. As you lunge, you should be traveling forward. You can let your arms rest by your sides or on your hips. One lunge equals one rep.

**High Knees:** Begin standing with your feet hip-width apart. Quickly raise your right leg up so that your thigh is parallel with the ground, then quickly switch and raise your left leg. Focus on quickly switching legs and landing softly on the ground.

**Butt Kicks:** Begin standing with your feet hip-width apart. Quickly kick your right leg back towards your butt, then switch and kick your left leg back. Focus on quickly switching legs and landing softly on the ground.

\*When you have them do ARM CIRCLES I would add in "WINDMILL" . Stand with feet shoulder width apart, shoulders and hips square. Rotate core right and left allowing arms to just swing and stay loose.

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