



18 EXERCISES

RUNMUM

Hello! I'm Matilda, Runner & Lifestyle blogger at [RunMum](https://www.runmum.com).

So this little guide came about from my creating an 18 recipes collection for 2018.

As a runner, cross training and rest days are just as important to the training runs.

What exercises to do can be confusing.

The exercises I have chosen cover lower body, upper body, core, strength and mobility.

They can be done with just your body, with weights a barbell or bands.

The other great thing about these exercises is they can be done by any one, whether you are a seasoned runner or just a beginner.

Stay in your skill level before you increase your repetitions or weights.

Please note that the exercises listed are done at your own risk.

Thank you for your for downloading this exercise collection.

Happy Training!

Matilda



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RunMum 18 Exercises

1. Squats
2. Lunges
3. Deadlift
4. Leg Lifts
5. Clams
6. Step up's
7. Plank
8. Push up
9. Bicep Curl
10. Tricep dips
11. Shoulder Press
12. Row / Pull up
13. Pigeon Pose
14. Lizard Pose
15. Downward Dog
16. Hip Bridges
17. Runners Lunge
18. Cat Dog



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18 Exercise Resources

- 1) Squats
 - a) Nia shanks - Lift Like a Girl: [How to Squat](#)
- 2) Lunges
 - a) Mind Body Soul - [Hot to do a Lunge](#)
- 3) Deadlift
 - a) Nerd Fitness - [Strength Training 101: The Deadlift](#)
- 4) Leg Lifts
 - a) 3v - [Side-Lying Leg Lift](#)
 - b) Fitness Blender - [Side Plank with Leg Lift](#)
- 5) Clams
 - a) Sports Injury Clinic - [Side Lying Clams](#)
 - b) Blogilates - [Saddlebag workout](#)
- 6) Step-up's
 - a) Mens Health - [Step-up](#)
 - b) CrossFit - [Box Jump](#)
- 7) Plank
 - a) Blowflex - [Planks for Beginners](#)
 - b) Blogilates - [16 Plank Variations](#)
 - c) Blowflex - [3 Minute Plank workout](#)
 - d) Redefining Strength - [20 Plank Variations](#)
- 8) Push up
 - a) Nerd Fitness - [How to do a Pushup](#)
 - b) Calisthenic Movement - [The Perfect Pushup](#)
 - c) The Greatest - [82 Push-Up Variations](#) (From Beginner to Advance)
- 9) Bicep Curl
 - a) Scott Herman Fitness - [Bicep Curls](#)
- 10) Tricep dips
 - a) PopSugar - [Tricep Dips](#)
- 11) Shoulder Press
 - a) CrossFit - [Standing Shoulder Press](#) (Barbell)
 - b) Mens Health - [Arnold Press](#) (Dumbbells)



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12) Row / Pull up

- a) Row - [Body Building Barbell Row](#)
- b) Pull up - Scooby1961 [Pull Up progression](#)
- c) Pull up - Nerd Fitness [How to do a Pull-Up](#)

13) Pigeon Pose

- a) Do You Yoga - [Pigeon Pose](#)

14) Lizard Pose

- a) Do You Yoga - [Lizard Pose](#)
- b) Yoga with Adriene - [Foundations of Yoga Lizard Pose](#)

15) Downward Dog

- a) Yoga with Adriene - [Downward Facing Dog](#)
- b) Yoga Basics - [Downward Facing Dog Pose](#)

16) Hip Bridges

- a) How Cast - [Hip Bridges](#)

17) Runners Lunge

- a) Yoga with Adriene - [Foundations of Yoga Runner's Lunge](#)

18) Cat/Cow

- a) How Cast - [Cat Dog Pose](#)
- b) Do You Yoga - [The Holistic Benefits of Cat/Cow](#)