

6 Minute Strength Routine for Trail Runners

Perform each exercise for 30 seconds, with 10 seconds to transition in between.
For added difficulty, loop back and repeat the entire routine 2-3 times.



1) Push-ups



2) Boat



3) Bridge



4) Plank



5) Plank Twist



6) Locust/Bow



**7) Single-leg Squats
(Pistol Squats)**



8) Wall Sits



9) Lateral Line Hops