

Ballista Routine

This routine focuses on moving in the two planes of motion that runners neglect: frontal (side to side) and transverse (rotational). Perform 1 set of this routine; it takes 12 minutes.



Side Step-up: 5 / 10 / 20 reps

Stand next to an elevated platform that's about 1-2 feet high. It should be several inches to your right. Step up with your right foot and drive your heel into the platform to step onto the platform. Maintain a tall posture and step down with the left foot and repeat.



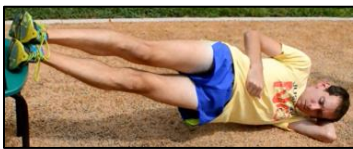
Side Plank: 30" / 60" / 60" with 10 x side leg raises

Lie on your side and lift your body so your weight is on one forearm and the side of one foot. There should be a straight line from your head to your feet. A more advanced version includes side leg raises using the top leg to about a 45 degree angle.



Twisting Lunge: 6 / 10 / 16 reps

Perform a forward lunge but with a twist at the waist. Rotate your torso to the same side that you lunge on (if you lunge on your right leg, twist to the right as well).



Side Hip Bridge: 10 / 20 / 30 reps per leg

Lie on your side with your feet propped on an elevated surface about 1-2 feet high. Push your bottom foot down and lift your torso using your hip muscles while keeping a stable spine. Return to the starting position.



Clam Shell: 20 / 30 / 30 reps with resistance per leg

Lie on your right side with your knees and ankles together, with knees bent at about 90 degrees. Open your legs by activating your upper glute muscle. Make sure you maintain a neutral spine and don't rock your pelvis. Keep the motion slow and controlled. A more advanced version includes a loop of rubber tubing around your thighs just above your knee.





Hay Bale: 10 / 20 / 30 reps (do squats if no medicine ball)

With your feet hip width apart, squat down while holding the medicine ball in front of your chest. As you squat back up, lift the medicine ball over one shoulder and rotate your torso like you're throwing a hay bale behind you.



Iron Cross: 20 reps

Lie on your back with your arms out to your sides and swing your right leg across your torso and up to your left hand. Make sure to keep your shoulders flat against the ground, but you can rotate your torso and hips as you swing your leg toward your hand. Repeat the same movement for the left leg.



Scorpion: 20 reps

Lie in a prone position with your arms out to your sides and swing your right leg across your back up to your left hand. Keep your shoulders and chest as flat against the ground as possible. Like Iron Cross, there will be a good amount of rotation in your torso and hips as you swing your leg toward your hand. Repeat the same movement for the left leg.



Hurdle Mobility: 10 reps per leg (clockwise & counterclockwise)

In a table position with your hands under your shoulders and knees under your hips, lift your leg so your thigh is parallel to the ground and your shin is at a 90 degree angle from your thigh. Make a circular motion with your knee like you're moving your thigh over a hurdle. The next movement is exactly the same, except in the opposite direction.



Front Leg Swings: 10 reps

Stand next to a wall or pole for support, swing your leg parallel to the support so your foot comes to about hip level. Make sure to keep your body tall during front leg swings.



Side Leg Swings: 10 reps

Standing in front of a wall or pole for support, swing your leg parallel to the support so your foot comes up to about hip level. Make sure to keep your swing leg straight but don't lock your knee.

Watch the video here: <http://www.youtube.com/watch?v=7xpeDXjwNPY>

