

# Running Warm-Up Routine

**These instructions are to be used in combination with the warm-up routine videos in The Manual Touch Running Portal. The idea is to progress through the sequences to build strength, mobility and balance.**

## **Videos 1-3: Hip mobility sagittal, frontal, transverse planes videos**

Reps: Do 6 reps in each foot position as stated in each video

Progression: Progress through the following sequence a week at a time to ensure you are engaging your complete core accurately.

Week 1: Hands on hips - ball between knees

Week 2: Hands on hips - band around thighs

Week 3: Hands on hips - no ball or band

Week 4: Arms overhead - ball between knees

Week 5: Arms overhead - band around thighs

Week 6: Arms overhead - no ball or band

## **Videos 4 & 5: One-leg stance hip mobility and leg reach**

Reps: 10 reps each plane

Progression: Progress through the following sequence a week at a time to ensure you are engaging your complete core accurately.

Week 1-3: Hands on hips

Week 4+: Arms overhead

## **Video 6: Lunge mobility sequence**

Reps: 5 reps each plane

Progression: Progress through the following sequence a week at a time to ensure you are engaging your complete core accurately.

Weeks 1-3: Hands on hips

Week 4+: Sagittal and frontal = Arms overhead

Transverse = Arms out in front



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