I—Dimity—do most of these exercises at least three days a week to keep my body as injury-free and capable as possible. I give myself a certain amount of time—anywhere from 15–35 minutes—and either modify this routine to squeeze it in or add in a few other moves if I have time.

You have likely seen most of them before, but here’s a secret:

They get easier, but they’re never easy.

Here’s another secret: You have to do them regularly—but they’re really accessible.

All you need is yourself.

You can do them in your pj’s; you can do them watching The Voice; you can do them while your kids do their homework; you can do them before a run to get ready.

You’ll be a stronger runner for it.

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**Leg Dip**

Reps: 2 x 1 minute

**Keys:** Keep spine glued to the floor, legs glued together, and abs engaged; only lower legs until lower back lifts from floor, then return to start.

Easier? Lower one leg at a time.

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**Push-ups**

Reps: 3 x 20

**Keys:** Slow and controlled. Hands under shoulders, elbows point toward hips, not out. Lead with chest.

Easier? Use a wall or steps.

Harder? On your toes, #motherrunner.

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**Clamshell**

Reps: 50 on each side

[could be 5 x 10, 2 x 25, 1 x 50]

**Keys:** Line up against a wall or couch, keeping the back of your head, your shoulders, glutes, and bottoms of feet all in contact. Use upper knee, not foot, to raise leg.

Harder? Add a resistance band right above your knees.

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**Side Plank**

Reps: 3 x 30 seconds on each side

**Keys:** Keep elbow under shoulder, and hips stacked. (Stay in one position; upper picture).

Harder? Dip lower hip down to ground and push back up (lower picture). Extend reps to 45 or 60 seconds.

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**Inverted Leg Lift**

Reps: 50 on each side

[could be 5 x 10, 2 x 25, 1 x 50]

**Keys:** Same set up as clam shells; with toes of upper leg pointing down, lift and lower upper leg.

Harder? Put a resistance band right above your knees.
### Dead Bug
**Reps:** 2 x 1 minute

**Keys:** Keep spine glued to floor; extend opposite arm and leg only as far as you can without lower back popping up from floor.

**Easier?** Go for 30 seconds.

**Harder?** Hold arm + leg extension for count of five.

### Glute Bridge
**Reps:** 3 x 15

**Keys:** Palms up (so you can’t grip floor); heels dig into floor; squeeze glutes like there’s a dollar between your cheeks and SBS is trying to findchange.

**Harder?** Single Leg Glute Bridge

### Single Leg Reach
**Reps:** 3 x 10 on each leg

**Keys:** Keep hips as level as possible; and hip lined up over knee and ankle. Tip up and down like a seesaw.

**Easier?** Start with hand resting on chair for stability or arms pointing down, and more moderate leg extension.

### One Legged Squat
**Reps:** 3 x 10 on each side

**Keys:** Keep standing foot grounded; lower glutes like you are sitting in a chair, keeping posture straight as possible. (I should be taller in the right-side pic.) Keep bent knee tracking over toes; if it buckles in or out, you’ve gone too far down.

**Harder?** Squats + Reach

### Squats + Reach
**Reps:** Over + back 2–3 times—20–30 squats—on each leg

**Keys:** Put five real (or imaginary) objects in a half circle in front of you. Stand on one leg, and reach down with opposite hand for each object, making sure you are bending at knee with glutes back, not breaking at hip. No worries if you can’t touch object; reach for it until form breaks.

### Single Leg Glute Bridge
**Reps:** 2–3 x 15 on each side

**Keys:** Knees stay glued together; standing heel digs into ground; hips stay as level as possible.

**Easier?** Start with sets of 5.

Disclaimer: Another Mother Runner offers health and fitness information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on this site. The use of any information provided on this site is solely at your own risk.