

Machine Strengthening for RUNNING

- ### Training Tips
1. Check with your health-care professional before beginning this or any other exercise program.
 2. With heavy weight, always have someone close by who can assist you if necessary.
 3. Exhale when performing the lifting phase of the exercise, inhale while lowering the weight.
 4. Protect your lower back from strain whenever possible by bending knees, tightening abdominal muscles, and flattening low back area.
 5. Always allow one day of rest (no weight training) between workouts so that muscle tissue has sufficient time for repair.

- ### Directions for Exercise
1. Do the exercises in the order shown.
 2. Study the position of each figure before performing each exercise.
 3. Lift smoothly on a 2 second count, then pause and return to the starting position on a 4 second count, unless the title of the exercise indicates alternating.
 4. Start from fully stretched position and end in fully contracted position.
 5. Never jerk or snap the weight from one position to another.
 6. When an exercise is done to both sides of the body, complete the repetitions to one side and then repeat to the other side.

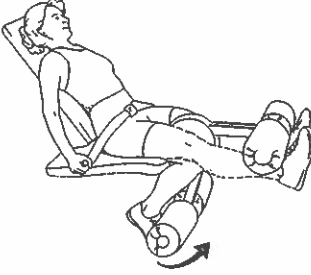
Pre-Weights Warm-up

Always warm up the muscles with some form of mild, rhythmic exercise before weight training.

Some suggested pre-weight warm-ups are:

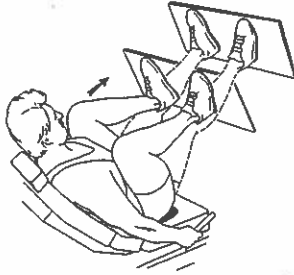
- Jog lightly, for 5 to 8 minutes, or
- Exercise bike for 5 to 8 minutes, or
- Jump rope for 5 to 8 minutes.

1



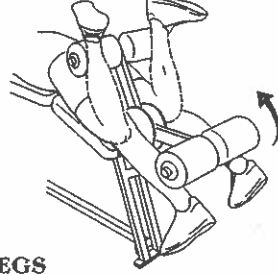
LEGS
QUADS: Leg Extension
Straighten legs to locked knee position, keeping toes flexed toward knees.

2



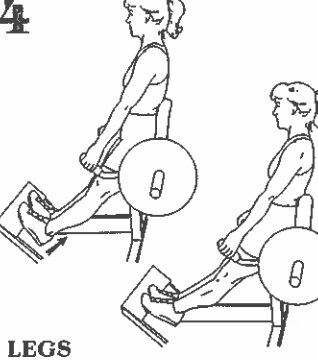
LEGS
GLUTS: Leg Press
Press weight until legs are just short of locked knee position.

3



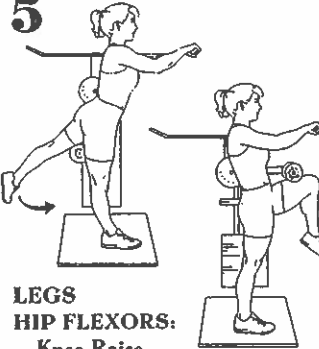
LEGS
HAMSTRINGS: Prone Leg Curl
Bring heels as close to buttocks as far as possible keeping feet flexed toward knees.

4



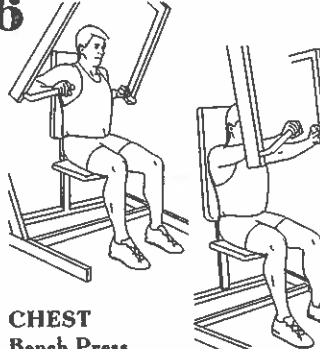
LEGS
CALVES: Leg Press Heel Raise
From starting position with legs extended and knees locked, raise up on toes as high as possible.

5



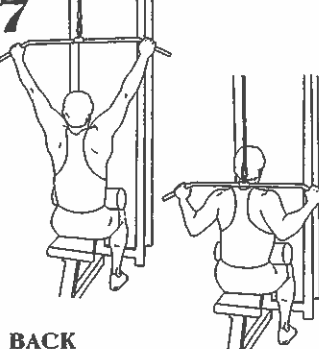
LEGS
HIP FLEXORS: Knee Raise
From starting position hold handle bringing knee forward and up as high as possible. Repeat to other side.

6



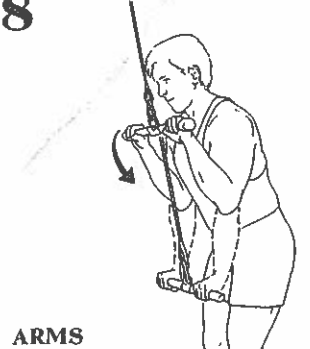
CHEST
Bench Press
Lower grips to side of chest while keeping elbows out away from body. Press to straight arm position.

7



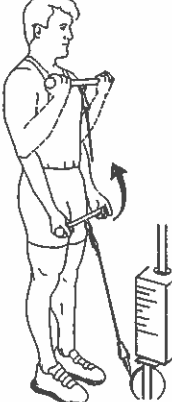
BACK
LATS: Wide Grip Pull-Down
With wide grip, palms facing forward, pull bar down until it touches base of neck.

8



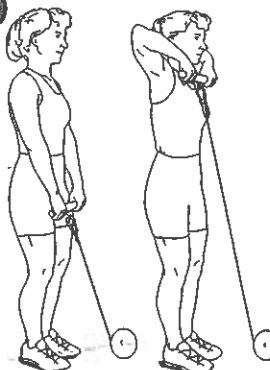
ARMS
TRICEPS: Push Down Extensions
With upper arms stationary, extend to straight arm position.

9




ARMS
BICEPS: Standing Curl
From straight arm position, curl bar to chest while keeping arms in line with torso.

10



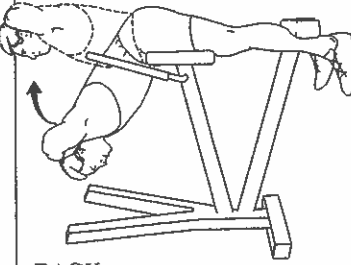
BACK
TRAPS: Upright Row
With close grip pull bar to chin keeping elbows high.

11



ABS
Side Bend
Feet shoulder width apart, bend sideways as far as possible then return to straight back position. Repeat to other side.

12



BACK
LOW: Prone Back Extensions
From bent position, raise torso until it is in straight line with legs (do not extend past parallel to floor).