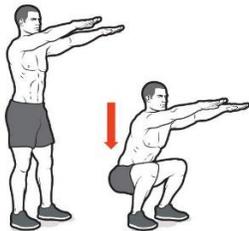


# 3 WINS fitness COUCH to 5K to LA

## Strength Exercises

**Circuit 1: 35 seconds per exercise, complete 3 times**

Exercise 1	Exercise 2	Exercise 3
<p style="text-align: center;"><b>Squat</b></p> 	<p style="text-align: center;"><b>Romanian Deadlift</b></p> 	<p style="text-align: center;"><b>Glute bridge</b></p> 
<ol style="list-style-type: none"> <li>1) Feet should width apart</li> <li>2) Soft knees (slight bend)</li> <li>3) Chest up, shoulders back</li> <li>4) Head neutral</li> <li>5) Reach glutes back like you are sitting in a chair</li> <li>6) Keep heels on the ground</li> <li>7) Inhale on the way down, exhale to come up</li> </ol>	<ol style="list-style-type: none"> <li>1) Feet hip width apart</li> <li>2) Soft knees (slight bend)</li> <li>3) Chest up, shoulders back</li> <li>4) Head neutral</li> <li>5) Send hips back and hinge forward keeping flat back</li> <li>6) Inhale on the way down, exhale to come up</li> </ol>	<ol style="list-style-type: none"> <li>1) Lie flat on back</li> <li>2) Feet hip width apart</li> <li>3) Knees bent about 90 degrees</li> <li>4) Head neutral</li> <li>5) Raise hips up and tighten glutes at top</li> <li>6) Inhale on the way down, exhale to go up</li> </ol>

## Circuit 2: 35 seconds per exercise, complete 3 times

Exercise 1	Exercise 2	Exercise 3
<p data-bbox="142 302 516 390">Alternating backward lunge</p> 	<p data-bbox="634 302 963 390">Leg abduction to extension (35s/leg)</p> 	<p data-bbox="1175 302 1360 338">Calf raises</p> 
<ol data-bbox="118 827 548 1226" style="list-style-type: none"> <li>1) Feet hip width apart</li> <li>2) Soft knees (slight bend)</li> <li>3) Chest up, shoulders back</li> <li>4) Head neutral</li> <li>5) Take a step backwards with left foot</li> <li>6) Drop the left knee</li> <li>7) Come back up to start and repeat on opposite side</li> <li>8) Inhale on the step back, exhale to come up</li> </ol>	<ol data-bbox="586 827 1016 1331" style="list-style-type: none"> <li>1) Feet hip width apart</li> <li>2) Soft knees (slight bend)</li> <li>3) Chest up, shoulders back</li> <li>4) Head neutral</li> <li>5) Send right leg out to the side (a) right toes forward</li> <li>6) Return to center, toe out right foot 45 degrees</li> <li>7) Send right leg straight back (b)</li> <li>8) Return to center and repeat on same leg for time</li> <li>9) Inhale when leg comes to center, exhale to abduct (sideways) and extend (back)</li> </ol>	<ol data-bbox="1053 827 1484 1150" style="list-style-type: none"> <li>1) Feet hip width apart</li> <li>2) Soft knees (slight bend)</li> <li>3) Chest up, shoulders back</li> <li>4) Head neutral</li> <li>5) Raise heels off the ground and focus weight on big toes</li> <li>6) Lower heels back down <b>slowly</b></li> <li>7) Inhale on the way down, exhale to go up</li> </ol>

## Circuit 3: 35 seconds, complete 3 times with 15 second rest

<p data-bbox="118 1486 297 1528">Exercise 1</p> <p data-bbox="199 1539 475 1581">Low plank hold</p> 	<ol data-bbox="594 1486 1466 1728" style="list-style-type: none"> <li>1) Come down on both knees with toes underneath</li> <li>2) Lean forward and place elbows on the floor directly under shoulders</li> <li>3) Lift knees off the ground to full extension</li> <li>4) Keep back flat and tighten core muscles</li> </ol>
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