



9 Essential Weight-Training Exercises for Runners

UPPER BODY

COMPLETE 3 SETS OF EACH EXERCISE

Pushup
15 reps



Bent-Over Row
12 reps



Reverse Fly
12 reps



CORE

COMPLETE 3 SETS OF EACH EXERCISE

Plank
30-60 sec



Leg Raise
10 reps



Single-Side Weighted Situp
12 reps



LOWER BODY

COMPLETE 3 SETS OF EACH EXERCISE

Deadlift
12 reps



Lunge
8-12 reps



Single-Leg Bridge
15 reps
alternate legs



Weight Training For Runners

E Durkheim



Weight Training For Runners:

Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, Witness the Wonders in **Weight Training For Runners** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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