



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

**Thirumalaisamy P.
Velavancorresponding**

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