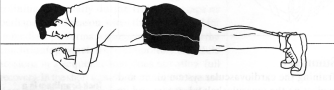
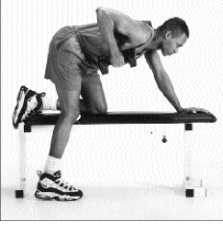

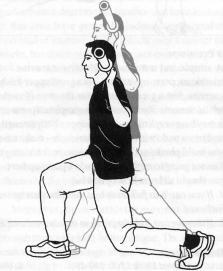
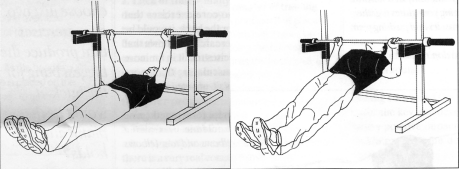
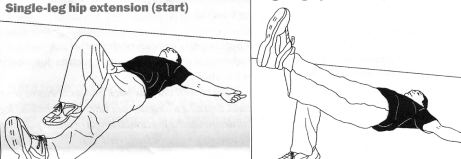
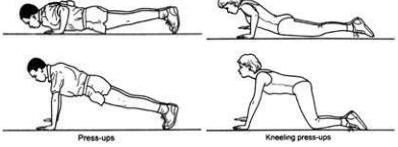


Broughton Runners Strength Circuit 1

Do all the exercises one after the other, then repeat the whole circuit twice.

	Exercise	Comment	Your Time/Quantity
1	<p>The plank</p> 	30-60 secs	
2		Repeat for each arm. Only use light weights but fast action. If you don't have dumbbells, find something you can lift with one hand.	
3	<p>Side hold</p> 	Do 30-60 secs on both sides	
4	<p>Split squat</p> 	Do this without the pole and spring back to the starting position. Alternate legs.	
5	<p>Inverse pulls (start) Inverse pulls (movement)</p> 	Only do this if possible, i.e. if you have access to a bar just over arms length above you.	
6	<p>Single-leg hip extension (start) Single-leg hip extension (movement)</p> 	Repeat for both legs.	
7	 <p>Press-ups Kneeling press-ups</p>	Use the kneeling press-up ONLY if the full press-up is too hard.	