



Runners “Quick-8”

These eight functional exercises are designed specifically for runners to target the key areas needed for performance enhancement and injury prevention. With over 10 years experience in working with injured runners, these eight exercises are the foundation of our successful rehabilitation program at Agility and can be done quickly and without any equipment.

We understand that “JUST STOP RUNNING” is not an option!

#1 Single Leg Balance with Eyes Closed

Exercise: Balance on one foot on a level surface with eyes closed

Key: Keep hips level throughout the exercise

Reps/Sets: Hold for 10 seconds/Alternate legs/15 reps per leg

Progression: Add leg swings

#2 Stair Step Up / Step Back

Exercise: Step up with one leg onto a step/stair lifting the opposite leg up so hip is bent to 90°, then exaggerated step backwards.

Key: Focus on contracting gluts when stepping up and on quads when stepping back

Reps/Sets: 15 reps per leg/Alternate legs/2-3 sets per leg

Progression: Add opposite arm/leg raise (exaggerated running motion)

#3 Single Leg Partial Dead Lift

Exercise: With knee unlocked and slight arch in the back, hinge at the hips reaching towards the floor. Hands should extend just below the knees.

Key: Unlock knee, but this is NOT a squat. Contract gluts on the return

Reps/Sets: 15 reps per leg/Alternate legs/2-3 sets per leg

Progression: Add weights to your hands

#4 Hip Hikers

Exercise: On the ground or a stair, bend one knee to 90°. Hip the opposite hip above a level position, then return.

Key: Always return to a HIPS LEVEL position

Reps/Sets: 15 reps per leg/Alternate legs/2-3 sets per leg

Progression: Eyes closed with verbal cueing by partner

#5 Bridge with Knee Extension

Exercise: While on your back with both knees bent up, lift your hips off the ground until legs and trunk are in-line with one another.

Then, extend on knee straight. Hold, the repeat on the opposite leg before returning to the starting position.

Key: Don't allow your pelvis to drop when you straighten your leg.

Focus on keeping gluts tight throughout the exercise

Reps/Sets: Hold for 5 seconds/Alternate legs/15 reps each leg/2-3 sets

Progression: Raise arms overhead

#6 Side Plank with Hip Abduction

Key: Maintain straight trunk throughout the exercise and keep top leg over the bottom.

Reps/Sets: 15 reps per leg/Switch sides/2–3 sets per leg

Progression: Add a forward leg kick (2 times), then a backward leg kick (once) before returning to starting position.

#7 Lunge Matrix (4-way)

Exercise: Forward lunge with opposite arm punch

Side lunge with biceps curls (both directions)

Reverse lunge with lateral arm raise

Key: Keep your knee over your foot and do not allow your knee to go past your toes

Reps/Sets: 15 reps alternating legs/1–2 sets in all four directions

Progression: Add weights in your hands

#8 Reverse Corner (Scapular) Push-ups

Exercise: With arms away from your side and elbows resting on the wall in a corner, simultaneously pinch your shoulder blades together and push elbows into the wall.

Key: Keep your legs and trunk in-line with one another

Reps/Sets: 15 reps/2–3 sets

Progression: Start with your feet farther away from the corner

Exercise Notes:

Start with 1-2 sets, then evaluate response to the exercise

Delayed Onset Muscle Soreness (DOMS) is common with new exercises

Never exercise into pain

These exercises are recommended in good faith and assuming those participating are healthy individuals. Please consult with your physician or physical therapist before doing these exercises if you are currently under their care, have a history of discogenic low back pain or have had any type of spinal or extremity surgery.

Runners “Quick-8”

#1 Single Leg Balance with Eyes Closed



#2 Stair Step Up / Step Back



#3 Single Leg Partial Dead Lift



#4 Hip Hikers



Runners “Quick-8”

#5 Bridge with Knee Extension



#6 Side Plank with Hip Abduction



#7 Lunge Matrix (4-way)



#8 Reverse Corner (Scapular) Push-ups

