SNAIL STEPS 100 STRENGTH AND CONDITIONING WORKOUT

SEATED SQUATS (SQUATS LEVEL 1)

SQUAT TO RUNNERS POSE (SQUATS LEVEL 2)

RUNNERS FORM
CALF RAISES

DOROTHY CALF RAISES (ADVANCED)

HAMSTRING CURL  NO BAND INITIALLY

MONSTER WALKS NO RESISTANCE
SHIN STRENGTHENING

LEVEL 1

LEVEL 1.1

LEVEL 1.2

LEVEL 2

LEVEL 3

KNEE EXTENSION NO BAND

INNER THIGH USE A TOWEL

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T’S (UPPER BACK – RHOMBOIDS)
USE WATER BOTTLE INSTEAD OF BAND

Y’S (BACK SHOULDERS)

POST WORKOUT STRETCHES

BACK STRETCH (LEVEL 1)

STANDING (LEVEL 2)

RESET “C” STRETCH
**HIP FLEXOR STRETCH STANDING**

**INTERNAL/EXTERNAL HIP ROTATION**

**HAMSTRING/CALF STRETCH**

**ACHILLES**

**LEVEL 1**

**LEVEL 2**