

## Loop Band Program for Running

### Monster Walks with Loop Band

#### Preparation:

- Stand with feet shoulder width apart, band above knees

#### Execution:

- Mini-squat with good form (chest up, shoulders back, core activated, and knees following over top of toes)
- At the bottom of the squat, step to one side
- Bring trailing leg back into good squat position, and repeat side to side



*Start Position - Good squat form*



*Step to side*



*Bring trailing leg back into good squat position*

### Clamshell | Sidelying (Band)

#### Preparation:

- Lie on your side with your hips at 45° and your knees at 90°
- Band around you knees

#### Execution:

- Open your top knee up against the resistance of the band



*Hips slightly bent, knees bent to 90 degrees*



*Open knees up like a clamshell*

### Bicycle Crunch with Loop Band

1. Start lying on your back with the loop band around both feet
2. You can either do just leg movements in this exercise (top row of exercises) or you can do upper body movements as well (bottom row of exercises)
3. Before you move, make sure your core is squeezed and activated. Try bracing your core like you are preparing for a hit in the stomach.
4. Keep both feet off the ground and keep your back flat
5. Then alternate between opposite arm and leg by touching your elbow to your knee and slowly return.

