SINGLE-LEG STRENGTH

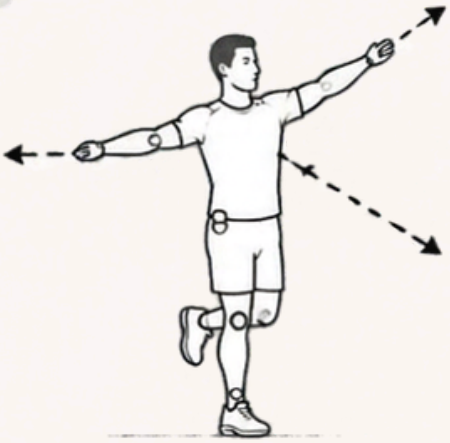
Runner-focused drills for a stronger, more stable stride

10 MIN

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Single-leg work is the secret weapon for stronger, smoother running. These exercises build the balance, hip stability and control your stride depends on.

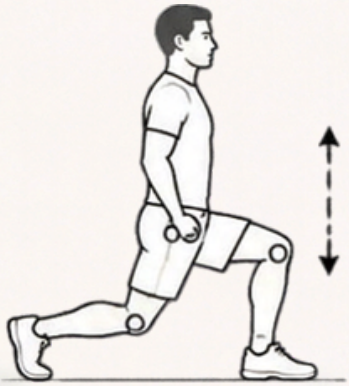
1. Single-leg balance + reach



Form: Stand tall on one foot, soften the knee, and reach your arms in different directions without letting the standing foot collapse.
Focus: Build foot, ankle, and hip stability.

30 sec each side

2. Split squats



Form: Take a staggered stance, lower straight down with control, keep the front knee tracking over the foot, then drive through the front foot to rise.
Focus: Strengthen each leg independently through a running-like position.

8 each side

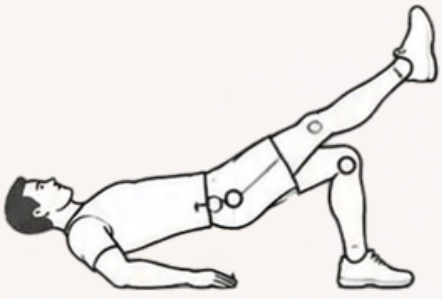
3. Step-downs



Form: Stand on a low step, slowly lower the opposite heel toward the floor, keep the standing knee aligned, then press back up.
Focus: Improve single-leg control and knee stability.

8 each side

4. Single-leg glute bridge



Form: Lie on your back with one foot planted, lift the other leg, drive through the planted heel, and raise the hips without arching your back.
Focus: Activate glutes and hamstrings for stronger push-off.

8 each side

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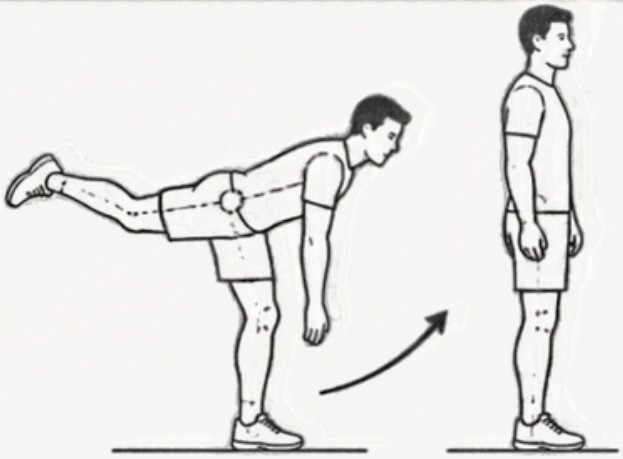
5.

Single-leg RDL reach

Form: Balance on one leg, hinge at the hip while reaching the other leg back, keep your spine long, then squeeze the glute to return upright.

Focus: Activate posterior-chain strength, balance, and hip control.

8 each side



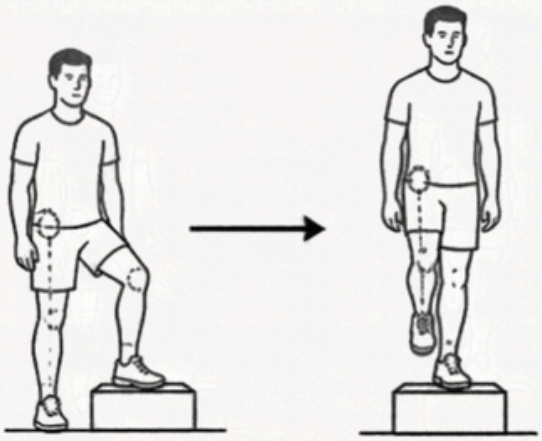
6.

Lateral step-ups

Form: Step sideways onto a low platform, stand tall through the working leg, then lower slowly and quietly.

Focus: Strengthen lateral hip muscles that support running alignment.

8 each side



7.

Skater holds

Form: Step or lightly hop sideways, land softly on one leg, bend the hip and knee, and hold a stable position on one leg.

Focus: Practice controlled side-to-side stability and landing mechanics.

6 each side, 1–2 sec holds



Move with control. Stop if anything hurts.