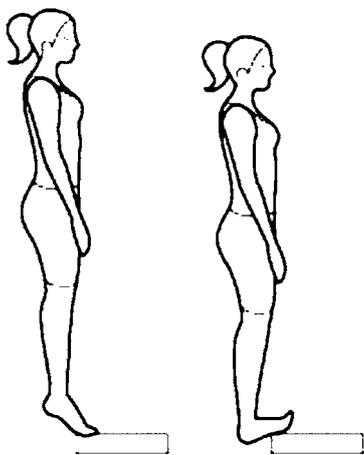


Strength and flexibility training guide

Whether you're getting ready for the 4km walk or the 21km run, a strength and flexibility program is a vital part of your training regime. Complete these 4 exercises to help you strengthen your muscles and joints, move faster and more efficiently and prevent injury. Before you start, spend 10 minutes walking or jogging and then complete the dynamic exercises to get your heart rate up. After you have finished the strength exercises, cool down and finish with a good stretch. Refer to the '**Warm up, cool down and stretching guide**' for further detail.

Notes

- Check with your HBF trainer if you're unsure how to do any of these exercises
- Once comfortable completing these exercises, try the progressions to give yourself a harder workout

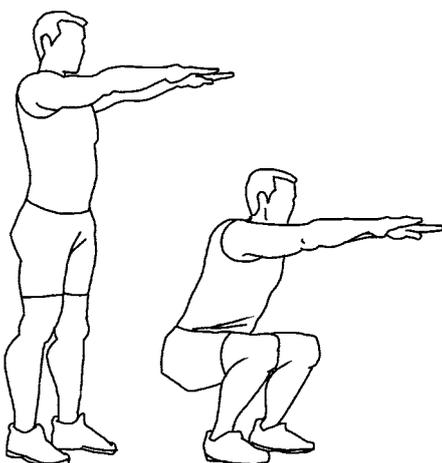


Calf raises

- Stand with the balls of your feet on a raised platform such as a book or stairs
 - Keep your legs shoulder-width apart with toes pointing forward
- Lower your heels toward the floor until you feel a stretch in your calves
- Raise yourself onto the tips of your toes
 - Keep your knees straight but not locked
- Start with 2 sets of 10-15 repetitions

Progressions

- Single-leg calf raises

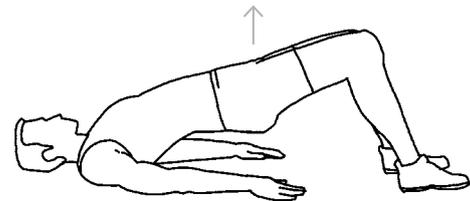
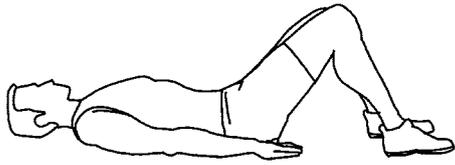


Squats

- Stand with your hips, knees and feet aligned
- Send your hips back as your knees slide slightly forward – like sitting on a chair
- Lower your backside down to a comfortable level
 - Don't go all the way down to the floor
- Keeping the weight in the middle of your feet, raise yourself back into a standing position
- Start with 2 sets of 10 repetitions

Progressions

- Incorporate weights
- Single-Leg Squats

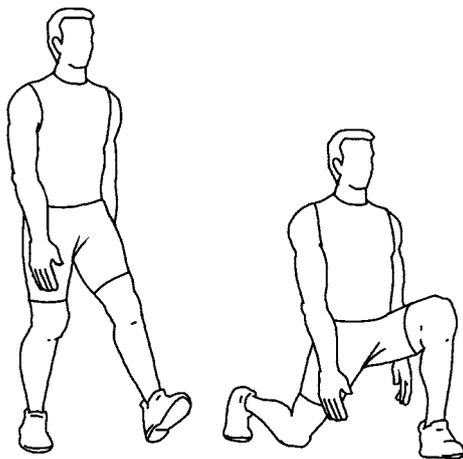


Bridges

- Lie on your back with your feet hip-width apart and flat on the ground directly under your knees
- Using your bottom muscles, lift your hips toward the ceiling
- Hold your hips at the top for 3 seconds
- Gently lower yourself back down to the floor
- Start with 2-3 sets of 10 repetitions

Progressions

- Single-leg bridges



Lunges

- Stand up straight with your feet shoulder-width apart, chin lifted and shoulders back
- Take a big step forward with one leg, keeping your feet hip-width apart
- With your hips facing forward, lower your back knee towards the ground until your front knee is at a 90 degree bend
 - Ensure your front knee never extends past your toes and your back knee doesn't touch the floor
- Keeping the weight in your heels, push back up into the starting position
- Start with 2 sets of 8-10 repetitions

Progressions

- Incorporate weights
- Walking lunges