



# Curtiss' Top 10 Exercises for the Office Athlete

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With a focus on strengthening the back of the body and lengthening the front, these exercises will help your posture and performance after sitting for 40 or more hours a week.

1. Bird dog



2. Dead Bug



3. One Leg Deadlift



4. Wall Angels



5. Bent Over Rows



6. Curtsy Lunge



7. Goblet Squat



8. Plank



9. Hip/Quad Stretch



10. Low Back Stretch

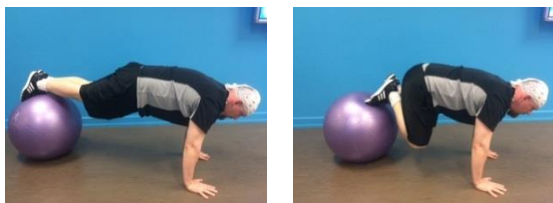




# Ross' Top 10 Core Exercises

Strong abdominals and back muscles are the foundation for daily motions and activities, as well as for athletic conditioning. Balance, strength and flexibility exercises will improve your performance on the field as well as your quality of life.

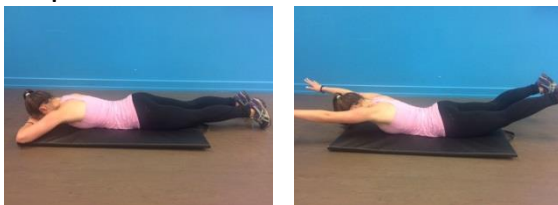
1. Fitball Jackknife



6. Medicine Ball V-sit and Twist



2. Superman



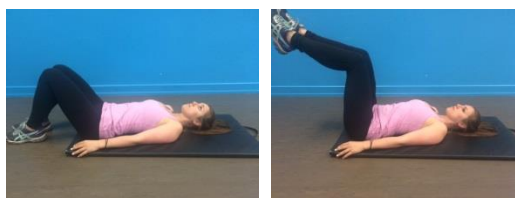
7. Fitball Crunch



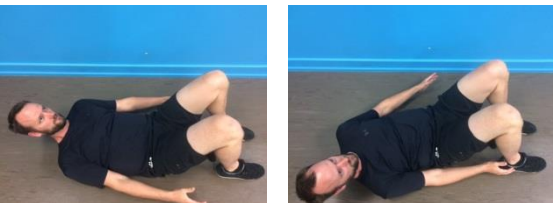
3. Straight Leg Lower



8. Knee Pull-ins



4. Wiggle Crunch



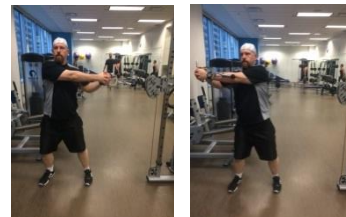
9. Dumbbell Side Bends



5. Fitball Mermaid



10. Cable Woodchopper





# Braden's Top 10 Running Exercises

A combination of strength, flexibility and core is integral in order to run with proper running biomechanics. Perform these exercises to improve your running time and to limit risk of injuries.

## 1. Back Lunge Knee Raise



## 2. Pistol Squat



## 3. ABC's (Hi Knees, Ham Curls, Kicks)



## 4. 4x100m Sprints



## 5. Single Leg Deadlift



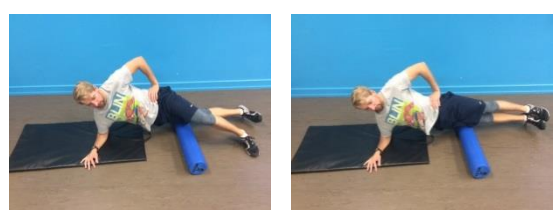
## 6. Front Plank



## 7. Single Leg Glute Bridge



## 8. IT Band Roll



## 9. Pigeon Pose



## 10. Hip/Quad Stretch





Or if you don't like taking advice from the professionals, here are the Top 10 Bicep Curl Variations:

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1. Barbell Curl
2. Alternating Dumbbell Curl
3. Preacher Curl
4. Hercules Curl
5. Cable Curl
6. Incline Dumbbell Curl
7. Hammer Curl (thumbs up)
8. 21's ( 7 bottom half curls, 7 top half curls, 7 full curls)
9. Negatives (super slow mo down- 5-7 sec)
10. "The Rack." (lightest weight, AMRAP, rest, weight up, AMRAP, rest, weight up, AMRAP, repeat until you cannot go any higher)