

MOVE OF THE MONTH

BRIDGE AND LEG EXTENSION

Every month, RF's personal trainer, Mike Ovens, demonstrates a running-specific resistance exercise for the gym or at home

PERFORMANCE

HOW TO DO IT

Lie on the floor with your knees bent, lift your bottom off the floor, making sure you don't drop down or tilt up too high. Keep good alignment, so that your hips are level and abdominals drawn in. Gently squeeze the buttocks. Once stable, extend the leg out in front, hold for 10 seconds, then lower. Make sure you don't raise the leg too high, and concentrate on engaging the core muscles as you move the leg out and down. Keep movements slow and controlled, and knees together. Repeat on the other side.

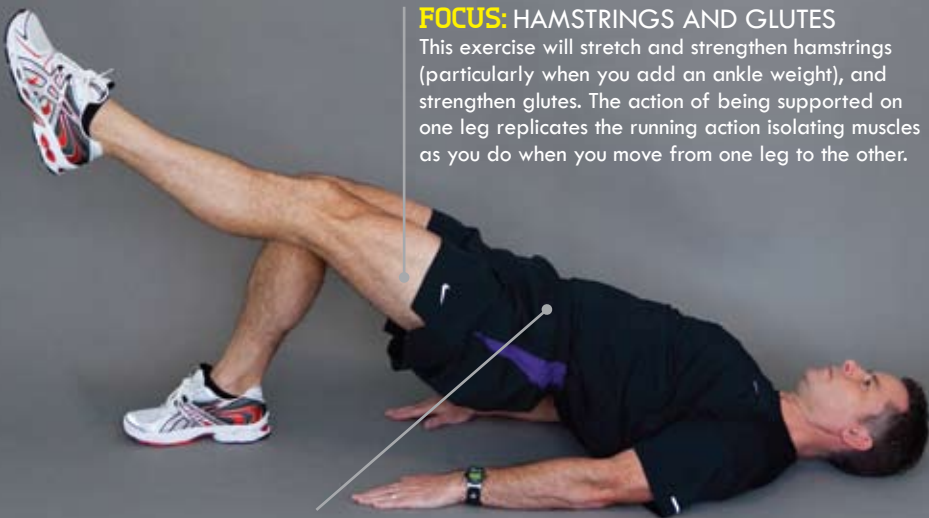
How many and variations

Do 30 reps (alternate the legs) two to three times a week. Try adding ankle weights. You can also use a Swiss ball. Instead of lying on the floor, position yourself so that your head and shoulders are on the ball, and your body is at a right angle, with back parallel to the floor. The instability challenges your balance – key for running.



FOCUS: HAMSTRINGS AND GLUTES

This exercise will stretch and strengthen hamstrings (particularly when you add an ankle weight), and strengthen glutes. The action of being supported on one leg replicates the running action isolating muscles as you do when you move from one leg to the other.



FOCUS: CORE MUSCLES

The core muscles around the abdominal wall, back and pelvic girdle will be strengthened in holding this position. And it will help to improve pelvic stability as all the muscles work in unison as you move through the exercise.

WIN! ONE MONTH'S MEMBERSHIP

Christmas SHOPPING SPECIAL



AT A NUFFIELD HEALTH FITNESS & WELLBEING CENTRE

WITH 4 PERSONAL TRAINING SESSIONS AND A HEALTH MOT

We've teamed up with *Nuffield Health* to offer one lucky reader one month's membership at their *Fitness & Wellbeing Centres*, 4 personal training sessions and a comprehensive health MOT. This complete health & fitness package is perfect for a New Year overhaul and ensures you'll be on track for a fit and healthy 2011.

Nuffield Health's state-of-the-art centres provide a holistic approach to managing your health and fitness by offering a combination of fitness facilities and highly qualified healthcare professionals in one place.

FOR A CHANCE TO WIN ENTER AT: WWW.RUNNINGFREEMAG.CO.UK

FREE DAY PASS FOR EVERY READER!

For a full day's entry at a *Fitness & Wellbeing Centre* of your choice which typically includes a fully equipped gym, sauna, exercise class, swimming pool and much more. Find your nearest centre at www.nuffieldhealth.com and call the centre quoting *Running Free*. Then fill in the voucher and take it along with you to ensure entry.

NAME: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

Nuffield Health may want to contact you by phone or email. Please tick if you do not want to be contacted by *Nuffield Health*.

TERMS & CONDITIONS Treatments, health MOT, physiotherapist, session with senior wellbeing advisor and paid-for classes are not included with the free pass. Pass holders must call their local centre to book an appointment before visiting the centre. Facilities vary by centre. Pass holders must bring this voucher and photo identification to their appointment. Offer ends 31st March 2011. No cash alternative.