

MOVE OF THE MONTH

SQUAT JUMP

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

From standing, move into a squat with feet hip distance apart, and both feet and knees facing forward. Push off the forefoot, using the toes to push yourself upwards, moving up through your ankles, knees, and hips. Land on the forefoot and sink back into your heels to absorb the impact. Make sure that you keep your back straight and abdominal muscles pulled in as you drive upwards.

How many and variations

This dynamic exercise is quite taxing and it's a good idea to build a base of strength, by doing static squats for around four weeks. Start easy with up to 10 reps. Progress to 15, then 20 reps, over a period of six weeks. Build up to three sets of 10 to 20 reps. Make it harder with heavier hand weights, and ankle weights, or do the exercise in sand, or on a soft mat.

FOCUS: ALL OVER LOWER BODY STRENGTH

The squat develops strength in all of the leg muscles, and glutes and hips too. Holding hand weights will make the exercise harder by adding resistance.

FOCUS: LOWER LIMBS

This plyometric exercise helps to develop the tendons in the lower limbs, storing energy and making them springy, which will help you pop off the ground with greater ease as you run.

MOVEMENT AND BALANCE

As with all our Move of the Month exercises, we're doing more than one thing here. As you propel yourself upwards your core muscles engage to keep you stable and upright. This exercise works on developing explosive power, strength, and agility, all of which will benefit you as a runner.



Fitness snippets

WORKOUT ON THE MOVE



K-SWISS TUBES WORKOUT WITH DEANNE BERRY

Tubes are a great looking all-round gym trainer.

At just £50, *Tubes* are great value, too. The *Tubes* workout, with fitness instructor Deanne Berry, can be viewed on your phone, iPad, computer or TV. It's free to view across video hosting sites or to download from *iTunes* and comprises of 30 minute, easy to follow workouts.



THE RUNNER'S BIKE For excellent cross training without the impact, try the *ElliptiGO*. The bike is modelled on a gym elliptical cross-trainer and it's adapted so that it fits a mobile bike frame. It's ideal for cross training or for when you're injured as the motion allows for a foot trajectory very similar to that of the natural running motion. The runner's bike was launched in the UK in December. To learn more about the *ElliptiGO 8S* visit www.elliptigo.com

LEARN FROM THE BLOKES... DON'T JUST DIET, EXERCISE TOO! Okay, it's stating the obvious, but if you want to lose weight, you should exercise as well as diet. A survey of more than 2,000 people carried out by *Fitness First*, found that men are more likely to try both exercise and diet, the combo that reaps rewards, with three to four sessions a week offering the best results.