

**Leg Swings** - Immediately following the Lunge Matrix, do Leg Swings (LS) exercises. Do this before you take your first step of running to help your body handle the impact. This simple routine can be done next to a wall, tree, fence, car door, etc.



### 1) Linear Leg Swing Straight Leg

Stand next to wall, one arm's length from the wall. Swing leg closest to the wall out in front of you to roughly hip height. Then swing it back as far as you can without arching your back. Repeat 10x each side.

### 2) Lateral Leg Swing Straight Leg

Face wall and put both hands on wall. With right foot a few inches off the ground, swing right leg in front of left leg as far across your body as you can. Then reverse and swing the leg out to the side. Repeat 10x each side.



### 3) Hurdle Trail Leg Forward

Face the wall, with both hands on the wall. Imagine there is a hurdle next to you and you want to bring your bent knee over the hurdle. Your foot should be even with your hip joint at the "top" of the hurdle clearance. Repeat 10x each side.



#### 4) Hurdle Trail Leg Backward

Perform the same motion as in Hurdle Trail Leg Forward, but in the reverse direction. This direction is much more challenging for most people. Repeat 10x each side.

#### 5) Lateral Leg Swing Bent Knee

Perform the same motion as Lateral Leg Swing Straight Leg, but keep your knee bent at a 45-degree angle. Repeat 10x each side.

#### 6) Linear Leg Swing Bent Knee

Perform the same motion as Linear Leg Swing Straight Leg, but keep your knee bent at a 45-degree angle. The pace of this swing should be a little faster than the straight leg version. Repeat 10x each side.

