

■■ Core & Stability Routine for Trail Runners

Build posture, trail balance, and fatigue resistance with this simple routine.

- Side Planks (each side): Hold for 30–45 seconds
- Bird Dogs: 10 reps per side, slow and controlled
- Dead Bugs: 10 reps per side, engage your core
- Single-Leg Balance: 30 seconds per leg (on flat or unstable surface)
- Glute Bridge March: 15 reps (alternate legs)
- Full Circuit: Repeat all exercises 2–3 times with minimal rest