



PRIME

PERFORMANCE REHAB

R-EMOM FOR RUNNERS

- **Rehab Exercises For Runners**
 - **20 Min. Accessory Workout**
 - **5 Rounds of 4 Exercises**
 - **Every Minute On The Minute**
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DR. ELLIOT LANCE PT, DPT, CSCS

803.394.6191

INFO@PRIMEPERFORMANCEREHAB.COM

R-EMOM - 20 MINUTES

Click Pictures for Video Demonstration

MINUTE 1: BODYWEIGHT SPANISH SQUATS

0:45 sec of Work

0:15 sec of Rest



MINUTE 2: KNEES OVER TOES LUNGES

10 Lunges each side

Full range of motion



MINUTE 3: MONSTER WALKS

10m Walk Forward

10m Walk Backwards



MINUTE 4: DF MOBILITY W/ SOLEUS RAISE

0:25 sec Right

0:25 sec Left

0:10 rest



Visit our website at www.primeperformancerehab.com to learn more or set up a physical therapy evaluation.