

TUESDAY TIP:

STRENGTH TRAINING



STRENGTH TRAINING WITH ONLY BODYWEIGHT IS THE RAGE - LIZ OPTS FOR THERAPY DOG MUSHU

"Building strength helps runners avoid hip pain, knee pain, and many other injuries associated with running. Stronger muscles and a more durable body can easily absorb the pressure on your joints and help prevent injuries."

- Coach Scott of Half Marathon for Beginners



Check out 12 strength exercises you can do with no extra equipment [here](#)



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