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Biceps: concentration curls — 3 sets of 10–12 reps. Triceps: dumbbell kickbacks — 3 sets of 8–10 reps per arm. Abs: planks — 3 sets of 30-second holds. Summary. This home workout routine ...

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The Ultimate Guide to Strength Training for Runners. 1.

Plank. Works: core, lower back, shoulders Julia Hembree

Smith. Start on all fours. Lower onto your forearms with

shoulders directly over elbows. 2. Russian Twist. 3. Scorpion.

4. Back Extension. 5. Squat to Overhead Press.

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