

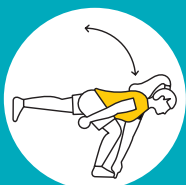


Three moves to build mobility from Harvey Lawton, founder of The Movement Blueprint\*



#### ANTERIOR STEP-DOWN

Stand on one foot on a step. Keeping the foot flat, drive your knee as far forward as you can while touching the other foot to the floor. Great for ankle mobility. Do 10 reps on each leg.



#### SINGLE-LEG DEAD LIFT

Stand on one leg; raise the other behind you and lean forward from the hips. At the bottom of a rep, touch the floor by your foot. Great for hip mobility. Do 20 reps on each leg.



#### KNEELING SHOULDER ROTATIONS

Hold a tennis ball and do a backwards rotation of a straight arm (as if you are doing the backstroke). Repeat in reverse. Do 20 reps on each arm.



**POWER ASSISTANCE**  
Warm up before throwing yourself into a HIIT session.

## DON'T HIIT IT TOO HARD

*Too much high-intensity work can lead to injury*

AT-HOMEHIIT(HIGH-INTENSITYINTERVALTRAINING)workouts have been a lifesaver during the lockdown. Joe Wicks' daily PE classes have been performed by millions, while kettlebells and medicine balls are now in demand almost as much as toilet paper and hand sanitiser.

But new research<sup>1</sup> shows high-intensity workouts can be a risky way of getting fit, with runners' knees, ankles and shoulders being especially susceptible to injury.

'Many athletes, especially amateurs, do not have the flexibility, mobility, core strength and muscles to perform these exercises,' says Dr Joseph Ippolito, who works in the department of orthopaedics at Rutgers New Jersey Medical School, US.

To prevent injuries, it is suggested that runners do a short mobility-boosting session to improve their flexibility before starting a HIIT workout (see left).

### THE SALT SOLUTION

#### Four ways to use Epsom salt for a better recovery

##### Make a bath

A post-run bath with Epsom salt (magnesium sulfate) might be exactly what you need for quicker recovery after a long run. Scoop 250g of Epsom salt into a hot bath, relax and let the healing begin.

##### Soak pain away

If a full bath is too much, you can use 125g of Epsom salt and some warm water in a bucket to soak your feet after exercising. Sit and soak for half an hour for best results.

##### Make a body scrub

Mix some Epsom salt with coconut oil and an essential oil of your choice to make your own body scrub to slough away all those dry patches.