LHS XC Strength Routine

- Please complete repetitions of the exercises slowly.
- Proceed among each type of exercise quickly (no pauses between).

1 x 15 squats

1 x 10 side right side leg lifts (outside) – left leg up

1 x 10 side right side leg lifts (inside) – right leg up

1 x 10 side left side leg lifts (outside) – right leg up

1 x 10 side left side leg lifts (inside) – left leg up

1 x 10 pushups

1 x 10 pointer right leg up

1 x 10 right leg donkey kicks

1 x 10 pointer left leg up

1 x 10 left leg donkey kicks

1 x 10 pushups

1 x 15 fire hydrants right leg

1 x 15 fire hydrants left leg

1 x 60s front plank

1 x 45s superman

1 x 30 s right side plank

1 x 30 s left side plank

1 x 30s bridge

1 x 10 negative heel raises (on stairs, against fence, or in downward dog pose)

1 x 30s right leg “Dying Swan” pose **AND** 1 x 30s left leg “Dying Swan” pose