



GOHS XC/Track Strength & Exercise Routines

General Strength Routines

1. Routine 3


- 1.1. Leg (donkey) whip
- 1.2. Single leg lift
- 1.3. Lateral leg lift x3
- 1.4. Clam Shells
(Forward, Reverse and repeat with top leg elevated)
- 1.5. Tuck jump
- 1.6. Calf raise
- 1.7. Big 10 (Cross body crunch)



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DONKEY WHIPS	Single leg lift	Lateral leg lift x3 (toe down, forward and up)	Clams & Reverse Clams (Elevated)	Tuck jump
				
Calf raises x3 (Toes in, forward and out)	Big 10 Push-ups with cross body crunch		<p>Start on your side. Use your hand to push your pelvis forward to prevent it from rotation back during exercise. Keep feet together and bend your knees to 90 degrees, knees in front of your body. Lift top knee away from bottom knee, using glutes to drive motion. For Reverse clams, lift the top foot way from bottom .</p>	<p>Clams elevated. Repeat the above exercise but elevate your top leg. In other words, lift your top leg up keeping the knee bent like before and keep it elevated during the exercise.</p>
				