



GOHS XC/Track Strength & Exercise Routines

General Strength Routines

1. Routine 1

- 1.1. L-up
- 1.2. V-ups
- 1.3. Roll-up to the sky
- 1.4. Running V-sit
- 1.5. Flutter kick V-sit
- 1.6. Scissor, Over-under V-sit
- 1.7. Big 10 (Roman chair crunch)



GOHS XC/Track Strength & Exercise Routines

General Strength Routines

1. Routine 1

L-UPS	V-UPS	ROLL-UPS TO THE SKY	RUNNING V-SIT 60 SEC	FLUTTER KICK V-SIT 60 SEC	SCISSOR, OVER-UNDER V-SIT 60 SEC	60-10 Push-Ups & Sit-Ups