



GOHS XC/Track Strength & Exercise Routines

General Strength Routines

4. Routine 4 (Back)
 - 4.1. Straight leg lifts on knee
 - 4.2. Leg swing up and out on knee (Donkey kick)
 - 4.3. Straight leg circles on knee
 - 4.4. Push ups
 - 4.5. Prone opposite arm opposite leg raises (Superman 1)
 - 4.6. Prone double-arm and double leg raise (Superman 2)
 - 4.7. Prone straight leg in and outs
 - 4.8. Low back extensions
 - 4.9. In and out arms with legs raised
 - 4.10. Back rounders (Roman chair sit-up & hold)



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General Strength Routines

4. Routine 4

STRAIGHT LEG LIFTS ON KNEE	LEG SWING UP & OUT ON KNEE	STRAIGHT LEG CIRCLES ON KNEE	PUSH-UPS	OPPOSITE ARM OPPOSITE LEG	DOUBLE ARM DOUBLE LEG RAISE	STRAIGHT LEG INS & OUTS
			<p>LOW BACK EXTENSIONS</p> <p>HOLD FOR 5 SEC</p> <p>5-10</p>		<p>IN & OUT ARMS WITH LEGS RAISED</p>	<p>BACK ROUNDERS</p>