

## **PRXC**

**Strengthening:** Complete each of these routines at least twice weekly

See the instruction video

### **Cross Country Strengthening Routine #1**

- Single Leg Squat- 2 x 15 with each leg
- Overhead squat- 2 x 15
- 1 leg hop in 3 directions into 20 m run x 4 repetitions
- 2 leg hop in 3 directions into 20m run x 4 repetitions
- 1 leg box jump (curb hop) 2 x 10 with each leg
- 2 leg box jump (curb hop) 2 x 15
- (Equipment: Elastic Band) Hamstring Curl: 2 x 10

### **Cross Country Strengthening Routine #2**

- Face up leg raise: 1 x 15 with each leg
- Face down leg raise: 1 x 15 each leg
- 3 point fire hydrant: 1 x 15 each leg
- 3 point donkey kick: 1 x 15 each leg
- (Equipment: Elastic Band): Diagonal Resisted Walk- 2 x 15 m
- Face Down Hip Dip: 2 x 10
- Face Up Hip Dip: 2 x 10
- Side Hip Dip: 2 x 15 each side