**Cross Country Basic Strength Work**

**Tuesday and Thursday**

**Tuesday (Circuit 1)**

Do all exercises in a row. You will do each exercise for 45 seconds and then a 15 second break before going into the next one (except band exercises-do 8 reps with each leg). Do 2 rounds. You will need a bench or chair or steps, and a light dumbbell if you have one.

1. Step Taps- Running high knees with your toes touching the step or bench every time. https://youtu.be/TvppoqEGlD8
2. Decline Push-up- Feet on the bench and hands on the ground doing push-ups https://vimeo.com/416303127
3. Walking High Knees- https://www.youtube.com/watch?v=K99jWPOWWfQ
4. Bent Over Rows- (Use a dumbbell if you have it, or whatever you can to add some weight) With on knee and hand on a bench, pull up the dumbbell with the arm not resting on the bench. https://youtu.be/JqhJeHdNJ3M
5. 180 Squat Jumps- Good squat jump with a 180 degree turn for each jump https://youtu.be/0fbTeMiI2QM
6. Side shuffle- Start in a squat stance and shuffle 6 steps sideways, then 6 steps to the other side https://youtu.be/rr-dch4oFRM
7. Band exercises: https://www.youtube.com/watch?v=qeRx8KpUX-M https://www.youtube.com/watch?v=D4W14\_9d0Xc

**Thursday (Circuit 2)**

Do all exercises in a row. You will do each exercise for 45 seconds and then a 15 second break before going into the next one (except band exercises-do 8 reps with each leg) . Do 2 rounds.

1. Calf Raises- Start on the edge of a step or stair and raise up on toes https://youtu.be/a2F1bKKKWO0
2. Single Leg RDL- On one foot, bend over, extend the other foot behind you, and the opposite arm in front (the video shows both arms reaching; just reach one arm) https://vimeo.com/402020301
3. Burpees- Jump down into a pushup position, do one push up, then stand up and jump into the air extending arms overhead https://youtu.be/auBLPXO8Fww
4. Push up Plank- Start in an extended arm plank position. Then move down to your elbows, one arm at a time. https://youtu.be/2kEnT-CdXyE
5. Tricep dip- Put your hands on a bench behind you with arms bent at 90 degrees. Push yourself up just using your arms. https://youtu.be/GNgHy-1SsA0
6. Forward and backward Bear Crawl- Walk on hands and feet forward 6 steps and then backwards 6 steps. https://youtu.be/XPRO\_L0-Wjw
7. Band exercises: https://www.youtube.com/watch?v=qeRx8KpUX-M https://www.youtube.com/watch?v=D4W14\_9d0Xc