

Beresford Cross Country/Track & Field Strength Exercises

Myrtle Routine (10 Each Leg)

- Clams
- Leg Lifts (Toe straight, Toe Up, Toe Down)
- Donkey Kicks
- Donkey Whips
- Fire Hydrants
- Knee Circles Forward
- Knee Circles Reverse
- Spiders
- Knee Circles Forward (Facing Wall)
- Knee Circles Reverse (Facing Wall)
- Leg Swings (Facing Wall)
- Straight Leg Swings
- Bent Legs Swings

Gambetta Lower Leg Circuit (Repeat Circuit 2-4 Times)

- 20 Speed Body Squats
- 20 Lunges (10 Each Leg)
- 20 Step-Ups (10 Each Leg)
- 10 Squat Jumps

Medicine Ball Circuit (Repeat 3-5 Times)

- 10 Staggered-Arm Push-Ups w/ Med Ball
- 10 Russian Twists
- 10 Overhead Squats
- 10 Lunge Jumps
- 10 Slow Side Shuffles

Power Ball Circuit - Heavy Leather Ball (Repeat 2-3 Times)

- 10 Over Head Squats
- 5 Power Squat Jumps
- 5 Step-Ups Each Leg
- 5 Lunge Jumps
- 10 Push-Ups w/ Both Hands on Medicine Ball

Lunge Matrix

- 5 Forward Lunges
- 5 Side Lunges
- 5 Diagonal Lunges
- 5 Forward Lunges w/Twist
- 5 Reverse Lunges

Single Leg Routine (Repeat 2-4 Times)

- 10 Lunges Each Leg
- 10 Single Leg Pistol Squats
- 10 Single Leg 2-Point Touch
- 10 Step-Ups Each Leg
- 10 Single Leg Calf Raises
- 10 Water Pumps

4 Minute Plank Circuit (30 sec. Each)

- Regular Plank
- Side Plank (R)
- Reverse Plank
- Side Plank (L)
- Regular Plank (with Leg Lifts-Optional)
- Side Plank (with Leg Lifts (R)-Optional)
- Reverse Plank (with Leg Lifts-Optional)
- Side Plank (with Leg Lifts (L)-Optional)

Hurdle Routine (5 Hurdles)

- Walk Overs X2
- Reverse Walk Overs X2
- Trail Leg to the Side X2
- Over and Under X2
- Side Skips Straight Leg X2
- Side Skips Bent Leg X2
- 20 Forward Trail Leg Against Wall
- 20 Reverse Trail Leg Against Wall
- 20 Lateral Leg Swings
- 20 Straight Leg Swings
- 20 Bent Legs Swings

8- Minute Abs (45 Seconds of Abs, 15 Seconds Rest)