

S.H.S. CROSS COUNTRY

Body Weight Circuit Routine

1. **Run 500m** or complete routine following a regular (harder) run
2. **The Cohen Core** including planks
3. **Push-ups x 10**--feet elevated 18" (app.) or higher
4. **Step-ups x 10-15** do not bounce off ground—pull up with bent leg 12" or more
5. **Bulgarian Split Squats X 6-10 each leg**

With or without hand weights--let hips sink straight down--knee should not pass toe.



6. **Waterpump hops (Bulgarian split hops) x 8-10**

Perform the split squat and then "hop" or punch the body up by pushing off front leg.

7. **Hamstring Curls X 6-10**

Using chair. Ball, or picnic table seat

Double or Single-legged (begin with 2 legs, graduate to one leg curls)



8. **Jump and land on single leg x 6-8 each leg**—jump up off 2 legs and land on right foot. Repeat landing on left foot.

9. **Russian Curls X 5**

Kneeling on a soft surface have another person hold your ankles down as you slowly lower your torso as close to the ground as possible. Keep your torso straight and when you can no longer maintain this form drop to the ground breaking your fall with your hands.

