

From: ELLA CHANG, SUMMER 2022

2022 XC Core Routine:

Hip Routine (w/ or w/o bands)

GIRLS XC STRENGTH ROUTINE!

- Double Leg Hip Thrusts (30 reps)
 - keep knees + feet hip width apart
 - feet = 1 ft from body
 - keep shoulder blades on ground, flex glutes
- Single Leg Hip Thrusts (20 reps each side)
 - same as ^
 - keep hip bones level, don't let side with leg up dip lower or higher
- Fire Hydrants (20 reps each side)
 - 90° angles all around, back = table
 - slow and steady, keep hips level and don't let one side dip up or down
- Clam Shells (20 reps each side)
 - 90° angles for knees
 - feet + legs resting on top of one another, bottom one on the ground
 - feet in line with hips, not in front or behind them
 - prop body up with elbow, don't lay down

10 min Ab Routine (rest 10 secs in between each routine)

- 1:00 front plank on elbows
- 1:00 side plank (thread-throughs optional)
- 1:00 opposite side ^
- 0:30 back plank
- 0:45 sit-ups/crunches
- 0:30 flutter kicks
- 0:30 scissor kicks
- 0:45 bicycle crunches (elbow to opposite knee; optional to do 4 slow 8 fast and repeat)
- 0:30 mountain climbers (elbow to opposite knee)
- 0:45 cherry pickers (FULLY ROTATE UPPER BODY)
- 0:45 front plank with hip dips (on elbows)
- 1:00 butterfly sit-ups
- 0:30 suitcases
- 0:30 up-down plank

Ankle Mobility (in socks no shoes)

- 10 ankle rotations clockwise - 10 counterclockwise
 - switch legs and repeat
 - keep grounded ankle sturdy!
- 10 ankle up-downs
 - switch legs and repeat
- Walk ~15 ft on tip-toes (there and back)
- Walk ~15 ft on heels (there and back)

+ 4x LEC HOPS (FRONT-BACK)