



SPAIN PARK XC STRENGTH 3

Routine 3 (2 sets)

1. Leg (Donkey) Whip (x12R/L)
2. Single Leg Lift (x8R/L)
3. Lateral Leg Lift (x3 each toe direction R/L)
4. Clam shells (forward, reverse, and repeat w/ top leg elevated) (x15R/L)
5. Tuck jump (x8)
6. Calf raise (x5 each toe direction)
7. Big 10 (push up w/ cross body crunch) (x10/10)

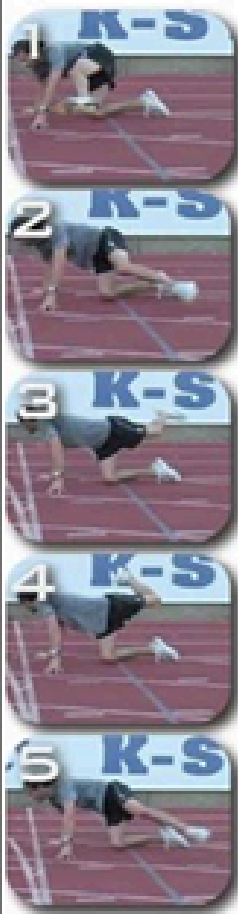
Preventative Work 1 (1 set)

Lunge Matrix

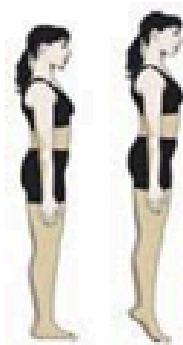
1. Front Lunge (x20)
2. Front Lunge w/ a twist (x7R/L)
3. Side Lunge (x7R/L)
4. Back and to the side (diagonal) (x7R/L)
5. Backwards lunge (x7R/L)
6. Backwards w/ a twist (x7R/L)

Pics on next page

Donkey Wrens



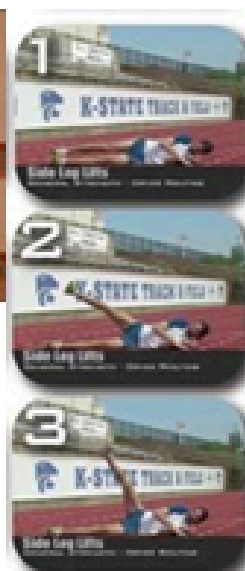
Calf raises x3
(Toes in, forward and out)



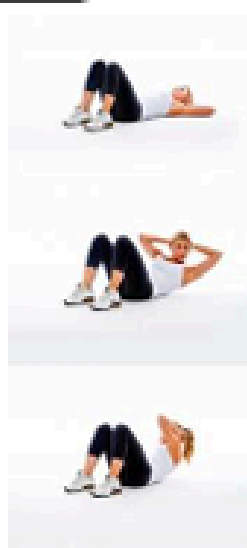
Single leg lift



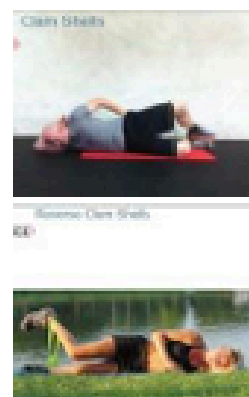
Lateral leg lift x3
(toe down, forward and up)



Big 10
Push-ups with
cross body
crunch



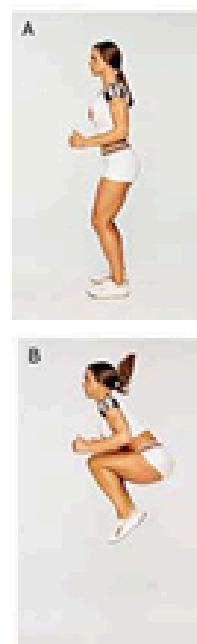
Clams &
Reverse Clams
(Elevated)



Start on your side.
Use your hand to
push your pelvis
forward to prevent
it from rotation
back during
exercise.
Keep feet together
and bend your
knees to 90
degrees, knees in
front of your body.
Lift top knee away
from bottom knee,
using glutes to
drive motion.
For Reverse clams,
lift the top foot
way from bottom .

Clams elevated.
Repeat the above
exercise but elevate
your top leg. In
other words, lift
your top leg up
keeping the knee
bent like before
and keep it
elevated during the
exercise.

Tuck jump



Front Lunge
(both legs)



Front Lunge with
a twist (both legs)



Side
Lunge
(both sides)



Back and to the
Side Lunge
(both sides)



Backwards
Lunge (both legs)

