



ECHS CROSS COUNTRY STRENGTH & EXERCISE ROUTINES

General Strength Routines

4. Routine 4 - Back (Thursday)

4.1. Straight leg lifts on knee	20
4.2. Push ups	10
4.3. Prone opposite arm opposite leg raises (Superman 1)	20
4.4. Prone double-arm and double leg raise (Superman 2)	20
4.5. Prone straight leg in and outs	20
4.6. Low back extensions (Hold for 5 sec.)	10
4.7. In and out arms with legs raised	20
4.8. Back rounders (Roman chair sit-up & hold 5 sec.)	15