

# CORE for XC

## Mon, Wed, Fri

**Start with 10 reps each leg/side; work up to 20 reps each:**

- Plank with leg lift
- Side plank with reach under (try to touch mid back)
- Single leg bridge with opposite leg extended or held in a hamstring stretch
- Clam shells - knees bent, use glute/butt muscle to open knees about halfway, slowly lower down keeping feet together during entire movement
- Plank with front tap
- Balance & reach 1 – reach leg back like a speed skater behind your standing leg; grab your wrist with your hand (switch wrists when you switch legs)

## Tue, Thu, Sat

**Start with 1 set of each; work up to 3 sets of each:**

- 10 push ups
- 10 dips
- 10 Superman/Superwoman (hold each for 5 seconds – slow count)
- 50 Russian twists
- 50 mountain climbers with a twist – touch knee to opposite elbow (slow & controlled)
- 50 crunches on a big exercise ball
- 50 hip lifts