

S C V A A
WARRIORS
C R O S S C O U N T R Y

Strength Drills

Push Ups	Count
Crunches	Count
Side Crunches	Count
Bridge	Timed
Elbow to Knee	Count
Leg Lifts	Timed
Planks	Timed
Side Planks	Timed
Russian Twists	Timed

Static Cool-Down Stretches

Flamingo Stretch-	20 seconds each leg
Right over Left-	20 seconds
Left over Right-	20 seconds
Hamstring Stretch-	20 seconds
Calf Stretch-	20 seconds
Fantastic 4 Stretch-	20 seconds each leg
Butterfly-	20 seconds
Hollywood-	20 seconds each leg
Pretzel-	20 seconds each leg