**Marietta Cross Country Workouts**

**1st 3 workouts you do 1 set of each exercise every minute then repeat. After 10 minutes you switch to the next set of exercises. 1 Minute recovery between sets.**

**Workout 1**

**1-10 minutes**

2- Inch Worm

20 Second Plank

20 Toe Touches

**10-20 Minutes**

10 Body Squats

10 Plank leg raises

20 roman twists

**Workout 2**

**1-10 Minutes**

5 push ups

One leg squats (5 each)

20 crunches

\*\*every minute for 10 minutes

**10-20 Minutes**

5 each leg split jumps

5 plank/push ups

20 toe touches

\*\*every minute for 10 minutes

**Workout 3**

**1-10 Minutes**

10- Plank Leg Raises (5 each legs)

5- Burpees

10- Lunges (5 each leg)

**11-20 Minutes**

10- Push Ups

20- Roman Twists

5- Step Ups

**Marietta Cross Country Workouts**

Do any work out for 20 minutes or do 1 Workout for 10 minutes and another for 10 for 20 minutes. A real challenge would be do all 3 for 10 minutes each.

**Work out # 1**:

10 Leg Raises (6-36)

5 Push Ups

10 Bodyweight Squats

\*\*Every minute on the minute for 20 minutes

**Work out # 2**:

3 Walk Outs (walk arms out and back from push up position)

20 Toe Touches

5 Each Leg Lunge

\*\*Every Minute on the minute for 20 minutes

**Work out # 3:**

5 Push Ups

30 Second Plank

5 Sumo Squats (wide feet)

3 each side Plank Rotations

\*\*As many rounds as possible in 20 minutes

**Marietta Cross Country Workouts**

**Workout # 1**:

15 Band Pulls

5 Push Ups

10 Bodyweight Squats

\*\*Every minute on the minute for 20 minutes

**Workout # 2**:

10 Band Press

20 Choice Abs

5 Each Leg Split Lunge (with a hop)

\*\*Every Minute on the minute for 20 minutes

**Workout # 3**:

5 Each Front/Side Raise

10 Band Pulls

20 Choice Abs

3 Vertical Jumps (flat footed…as high as you can jump)

5 Push Ups

\*\*As many rounds as possible in 20 minutes