Cross Country

Balance

Overhead Lunge 3 x 8 each leg

<https://www.youtube.com/watch?v=O908b61bj9M>

Plank Leg Raise 3 x 15 each leg

<https://www.youtube.com/watch?v=EpHPUI4gx58>

Push Up Plank Rotations 3 x 12 each side

<https://www.youtube.com/watch?v=ix3iIibdEgc>

V Sits with Med Ball OH 3 x 30 seconds

<https://www.youtube.com/watch?v=7MY2agzydDw>