Cross Country

Balance

Overhead Reverse Lunge 3 x 8 each leg

<https://www.youtube.com/watch?v=KC6oWhmOmPY>

Wall Sits with Med Ball 3 x 45 seconds

<https://www.youtube.com/watch?v=qprsG3dhb3w>

One Leg Plank Position 3 x 30 seconds each leg

<https://www.youtube.com/watch?v=YEf3DVebjcU>

Leg Throws 3 x 20 <https://www.youtube.com/watch?v=_WkbYH2V-3o>