

## Ventura Cross Country Core Routines

Note: All core exercises are completed for 30 seconds unless otherwise stated. Please refer to the videos on the website if you don't know an exercise.

### Paige Core: (10 mins)

1. Middle Plank
2. Side Plank
3. Middle Plank
4. Side Plank
5. Break Offs
6. Body Twists
7. Penguins
8. Figure Four Crunches (each side, 30 sec.)
9. Bicycles
10. Sit ups (1 min.)
11. Scissors
12. Same arm, same leg (Deadbugs)
13. Side, side crunches (each side, 30 sec.)
14. Reverse crunches
15. Toe Touches
16. Jack Knives

### Lulu Core: (5 mins)

1. Hundreds
2. Break Offs
3. Jack Knives
4. Leg Raises (1 min.)
5. 90 degrees, alternating crunches
6. Toe Touches
7. Bicycles
8. 90 degrees crunches
9. Figure 8s

### Track Core: (5 mins)

1. Cocoons
2. Opposites (30 sec. each side)
3. Break Offs
4. I, Y's
5. Mountain Climbers
6. Middle Plank
7. Side Plank
8. Middle Plank
9. Side Plank
10. Back Plank

### Plank Core: (6 mins)

1. Middle Plank
2. Side Plank
3. Middle Plank
4. Side Plank
5. Middle Plank
6. Arm Raised
7. Middle Plank
8. Other Arm Raised
9. Middle Plank
10. Leg Raised
11. Middle Plank
12. Other Leg Raised

Bammie Core: (5 mins)

1. Middle Plank
2. Up Downs
3. Middle Hip Dips
4. Spiders
5. Marching
6. Side Plank Dips
7. Other side plank dips
8. Mountain Climbers
9. Back Plank
10. Reverse Toe Touches

Hip Routine: (Start with 5-10 reps for each exercise, build up to 15-20 reps for each exercise, every day)

1. Frogs/ Glute Bridges
2. Jane Fondas (each side)
3. Chicken Wings (each side)