

Boise High Cross Country – Strength Training

Suggested Exercises

Lower Body Exercises (twice a week)

Leg Extensions	2 sets of 15 reps	(one leg at a time then both legs)
Leg Curls	2 sets of 15 reps	(same as extensions)
Toe Raises	3 sets of 15 reps	(toes in/toes out/toes straight)
Lunges	2 sets of 15 reps	
Leg Press	2 sets of 15 reps each leg	(optional)
Squats	2 sets of 15 reps	(optional, do these correctly!)
Bench Step Ups	2 sets of 25 on each leg	

Upper Body Exercises (twice a week)

Bench Press	2 sets of 12 reps	
Arm Curls	2 sets of 12 reps	
Tricep Extensions	2 sets of 12 reps	
Military Press	2 sets of 12 to 15 reps	
Running Arms	3 sets of 30 sec, 45 sec, 60 sec	
Upright Rowing	2 sets of 12 to 15 reps	