

Craftsbury Academy Cross Country

Performance Cool Down A

Set List

5 min easy on grass – preferably bare foot

10 x Double Leg Jump

10 x Good Morning

10 x Step Up w Knee Drive (each side)

20 x Mountain Climbers

10 x Push Ups

2 x 10m Lateral Squat Walk

10 x Push Ups

Lateral Leg Raise x 8 each side (3 sets - toe in, neutral, toe out)

Donkey Kicks x 10 each side

Donkey Whips x 8 each side

Cat – Cow x 5

5 min easy on grass – preferably bare foot