



### **Cross Country Weight Lifting Program**

#### **Day 1: Legs**

- Barbell back squat: 3 sets of 8-12 reps
- Dumbbell lunges: 3 sets of 10-12 reps per leg
- Romanian deadlift: 3 sets of 8-12 reps
- Calf raises: 3 sets of 15-20 reps

#### **Day 2: Core**

- Plank: 3 sets of 1 minute
- Side plank: 3 sets of 30 seconds per side
- Bird dog: 3 sets of 10-12 reps per side
- Russian twists: 3 sets of 15-20 reps

#### **Day 3: Push/Pull**

- Push-ups: 3 sets of 10-12 reps
- Pull-ups: 3 sets of as many reps as possible
- Dumbbell rows: 3 sets of 8-12 reps
- Overhead press: 3 sets of 8-12 reps

#### **Notes:**

- Perform each exercise with a weight that is challenging but allows you to maintain good form.
- Rest for 1-2 minutes between sets.
- Do this workout 3 times per week on non-consecutive days.
- Be sure to warm up before each workout and cool down afterwards