

SEVEN LAKES  
**SPARTAN**  
 CROSS COUNTRY  
 7LXC

# GENERAL STRENGTH ROUTINE 5

- 4.1. Prone elbow stand (Table tops - low)
- 4.2. Prone elbow stand single leg raise
- 4.3. Prone hand stand (Table tops - high)
- 4.4. Prone hand stand single leg raise
- 4.5. Push ups
- 4.6. Supine elbow stand (Plank)
- 4.7. Supine elbow stand single leg raise
- 4.8. Crunch low reach
- 4.9. Lateral elbow stand (Side plank)
- 4.10. Side ups

