

# **Cross Country/Track-Distance** **Dumbbell Strengthening Program**

Dumbbell weight should be where you can complete exercises slow and under control with great form, not letting gravity assist you going too fast for 20 repetitions. Weights should be either 5 or 10 or 15 or 20 or 25 lbs depending on current strength. You should find best weight for you to go through the routine properly. Weight and number of repetitions can increase in time as strength increases. Recommended to get your own set to have with you at practice/home. Twice a week Tuesdays and Thursdays.

(Recoveries between sets 1 minute on downward to 10 seconds)

1. Double (Together) Arm Curls - biceps - 20
2. Overhead Military Press (Together) - triceps, shoulders, chest - 20
3. Bent Over One Armed Row-Ups - 20 - each arm (pulling) - forearms, bi-tri-ceps, shoulders
4. Running Form Single Arm Curls - biceps - 20
5. Pushups - 20 - chest, shoulders, tri-ceps
6. Squats - 30 - quads
7. Calf Raisers-(shoulder rolls while) calves, shoulders - 20
8. Lunges - 20 - 10 each leg - balance, core, quads
9. Dumbbell Cleans - 20 - all
10. Bench or floor Dips - 10-20 - Triceps, shoulders

(220 total repetitions)