**JACKSON MEMORIAL HIGH SCHOOL**

**GIRLS CROSS-COUNTRY**

**COOL DOWN**

**CLAMS X 10**

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Lay on your side with knees slightly bent, heels should be in line with your butt, lift the top leg up and down while keeping your body from rolling forward and backward, switch sides

Lateral Leg Raise

Lay on your side with your body in a straight line, lift top leg up and down with the foot in the neutral position, then toe turned in and then the toe turned out, 4 lifts of each position, switch sides

Donkey Kicks

On all fours, bring knee to chest and back, on the back part keep the knee bend and raise above head, 10 each leg

Donkey Whips

On all fours, keep leg straight and bring out to the side, keep hands and knees in contact with the ground, 10 each leg

Fire Hydrant

On all fours, raise leg from starting position up and out to the side, return to starting position, 10 each leg

Knee Circles Forward

 On all fours, raise leg keeping the knee bent and make small circles with the knee, 10 each leg

Knee Circles Backward

 On all fours, same as above with circles going backward, 10 each leg

Hurdle Trail Leg Forward

Standing up straight holding a hurdle in front with both arms extended, bring leg up and around in circles, 10 each leg

Hurdle Trail Leg Backward

 Same as above circling leg backwards, 10 each leg

Lateral Leg Swing

Standing up straight holding the hurdle in front of you swing your leg across your body and out to the side, 10 each leg

Linear Leg Swing

Standing up straight with the hurdle at your side, swing your leg forward and back Do not bend over, stay straight up, 10 each leg

Linear Leg Swing Bent Knee

 Same as above, but the knee stays bent throughout the swing, 10 each leg