SAM - Strength and Mobility

Phase 1 - Easy Day

1. **Prone Plank x 10 sec**

2. **Side Plank x 10 sec**

3. **Prone Plank x 10 sec**

4. **Double Hip Bridge x 6**

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SAM - Strength and Mobility

Phase 1 - Easy Day

5. **Clams x 6**

6. **Reverse Clams x 6**

7. **Reverse Air Clams x 8**

8. **Lateral Leg Raise: Toe In x 6, Toe Neutral x 6, Toe Out x 6**

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SAM - Strength and Mobility

Phase 1 - Easy Day

9. Donkey Kicks x 8

10. Donkey Whips x 8

11. Fire Hydrants x 8

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Phase 1 - Easy Day

12. Knee Circles Forward x 8

13. Knee Circles Backward x 8

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Phase 1 - Easy Day

14. Cat-Cow x 5 Cycles

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SAM - Strength and Mobility

Phase 1 - Hard day

1. **Prone Plank x 20 sec**

2. **Side Plank x 20 sec**

3. **Supine Plank x 10 sec**

4. **Side Plank x 20 sec**

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Phase 1 - Hard day

5. Prone Plank x 20 sec

6. Split Squat x 5

7. Side Walk Squat x 5

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Phase 1 - Hard day

8. Good Morning x 8

9. Bird Dog x 5

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Phase 1 - Hard day

10. Clams x 8

11. Reverse Clams x 8

12. Reverse Air Clams x 8

13. Lateral Leg Raise x 8 (toes in, neutral, and out)

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Phase 1 - Hard day

14. Donkey Kicks x 8

15. Donkey Whips x 8

16. Fire Hydrants x 8

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Phase 1 - Hard day

17. Knee Circles Forward x 8

18. Knee Circles Backward x 8

19. Cat-Cow x 5 cycles

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Phase 1 - Hard day

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Phase 2 - Easy Day

1. **Prone Plank x 20 sec**

2. **Side Plank x 20 sec**

3. **Supine Plank x 10 sec**

4. **Single Leg Bridge x 6**

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Phase 2 - Easy Day

5. **Clams x 8**

6. **Reverse Clams x 8**

7. **Reverse Air Clams x 8**

8. **Lateral Leg Raise x 8 (toes in, neutral, and out)**

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Phase 2 - Easy Day

9. Donkey Kicks x 8

10. Donkey Whips x 8

11. Fire Hydrants x 8

12. Knee Circles Forward x 8

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Phase 2 - Easy Day

13. Knee Circles Backward x 8

14. Lower Body Crawl x 10

15. Iron Cross x 10

16. Australian Crawl x 10

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Phase 2 - Easy Day

17. Iron Cross x 10

18. Groiners x 10

19. Cat-Cow x 5 cycles

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Phase 2 - Easy Day

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Phase 2 - Hard day

1. Skipping Forward x 30m

2. Skipping Side to Side x 30m

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Phase 2 - Hard day

3. Lateral Shuffle x 10

4. Forward Walking Lunge x 5

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Phase 2 - Hard day

5. **Wide Outs x 10**

6. **Mountain Climbers - Singles In x 10**

7. **Lateral Lunge x 10**

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Phase 2 - Hard day

8. **Wave Lunge x 10**

9. **Prone Plank x 20 sec**

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Phase 2 - Hard day

10. Side Plank x 20 sec

11. Supine Plank x 10 sec

12. Side Plank x 20 sec

13. Prone Plank x 20 sec

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Phase 2 - Hard day

14. V-Sit x 10 sec

15. Superman x 10

16. V-Sit x 10 sec

17. Split Squat x 5

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Phase 2 - Hard day

18. Side Walk Squat x 5

19. Good Morning x 8

20. Bird Dog x 5

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Phase 2 - Hard day

21. Clams x 8

22. Reverse Clams x 8

23. Reverse Air Clams x 8

24. Lateral Leg Raise x 8 (toes in, neutral, and out)

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Phase 2 - Hard day

25. Donkey Kicks x 8

26. Donkey Whips x 8

27. Fire Hydrants x 8

28. Knee Circles Forward x 8

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Phase 2 - Hard day

29. Knee Circles Backward x 8

31. Lower Body Crawl x 10

32. Iron Cross x 10

33. Australian Crawl x 10

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Phase 2 - Hard day

34. Iron Cross x 10

35. Groiners x 10

36. Cat-Cow x 5 cycles

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Phase 3 - Easy Day

1. **Prone Plank x 30 Seconds**

2. **Side Plank x 20 Seconds**

3. **Supine Plank x 20 Seconds**

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Phase 3 - Easy Day

4. **Plank with Arm Extensions x 5**

5. **Side Plank with Rotation x 5**

6. **Supine Plank with Alternate Leg Lifts x 5**

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Phase 3 - Easy Day

7. **Plank Forward and Backward x 10**

8. **V-Sit Alternating Bent Knee x 5**

9. **Squat with Arm Extension x 10**

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Phase 3 - Easy Day

10. **Double Hip Bridges x 10**

11. **Clams x 8**

12. **Lateral Leg Raise x 8 (toe in, natural, and out)**

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Phase 3 - Easy Day

13. Leg Extension: Forward and Backward x 5 (forward, back = 1 rep)

14. Leg Extension at 45°: Forward and Backward x 5 (forward, back = 1 rep)

15. Good Morning x 10

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Phase 3 - Easy Day

16. Iron Cross x 10

17. Knee to Chest Extensions x 5

18. Leg Raise With Knee Bent x 5

19. Groiners x 10

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Phase 3 - Easy Day

20. Fire Hydrants x 10

21. Knee Circles Forward x 5

22. Knee Circles Backward x 5

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23. Bent Knee Leg Extensions x 5

24. In And Out Leg Extension with Bent Knee x 5

25. Y Pullover x 5

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Phase 3 - Easy Day

26. Straight Pullover x 5

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Phase 3 - Hard day

1. Skipping with Arm Raises x 30m

2. Backward Skipping x 30m

3. Lateral Skips x 30m

4. Skip-Skip-Lunge x 5 each side

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Phase 3 - Hard day

5. A-Skips x 5 each leg

6. Wave Lunge x 5 with 30m run out

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Phase 3 - Hard day

7. Wide Out x 10 with 30m run out

8. Speed Skater x 10 with 30m run out

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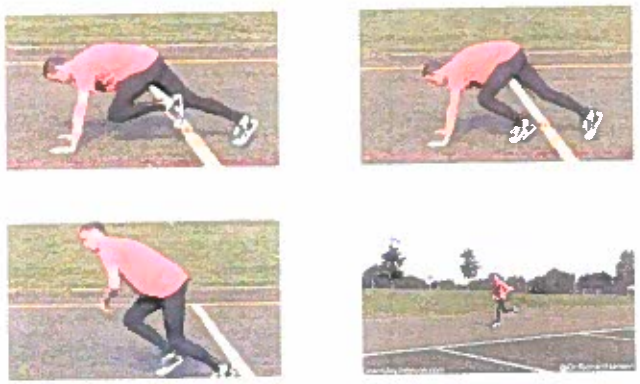
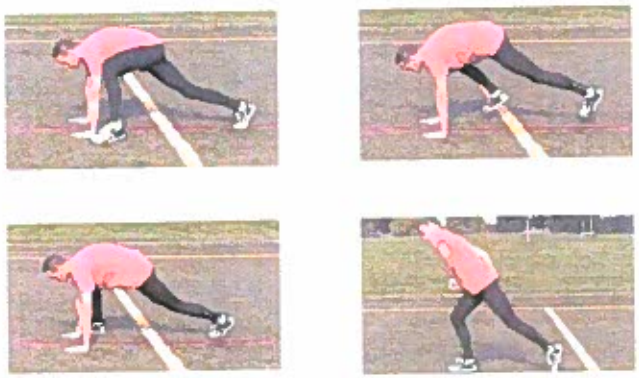
Phase 3 - Hard day

9. Mountain Climbers - Singles In x 10 with 30m run out



10. Mountain Climbers - Singles Out x 10 with 30m run out



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Phase 3 - Hard day

11. Lateral Shuffle - 45° x 5 each direction x 30m

12. Prone Plank x 30 sec

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Phase 3 - Hard day

13. Side Plank x 20 sec

14. Side Plank x 20 sec (other side)

15. Supine Plank x 20 sec

16. Plank with Arm Extension x 10

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17. Side Plank with Rotation x 5 each side

18. Supine Plank with Alternate Leg Lifts x 10

19. Prone Plank - Forward and Back x 10

20. Supine Plank with Alternate Leg Lifts x 10

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Phase 3 - Hard day

21. V-Sit with Alternating Bent Knee x 10

22. Split Squat with Torso Lean x 10

23. Side Lunge with Twist x 5 (down and back)

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Phase 3 - Hard day

24. Straight Leg Deadlift x 10 each leg

25. Inch Worms with Push-Ups x 5

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26. Bird Dog with Side Extension x 5 each side

27. Single Hip Bridge x 10 each leg

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28. Bridge with Heel Walks x 2

29. Iron Cross x 10

30. Knee to Chest Extension x 5 each leg

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Phase 3 - Hard day

31. Leg Raise with Bent Knee x 5 each leg

32. Groiners x 10

33. Fire Hydrants x 5

34. Bent Knee Hip Extension x 5

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35. Log Rolls x 5

36. Y Pullover x 5

37. Straight Arm Pullover x 5

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Phase 4 - Easy day

1. **Prone Plank x 30 sec**

2. **Side Plank x 20 sec**

3. **Side Plank x 20 sec**

4. **Supine Plank x 20 sec**

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Phase 4 - Easy day

5. **Plank with Arm Extension x 10**

6. **Side Plank with Rotation x 5 each side**

7. **Supine Plank with Alternate Leg Lifts x 10**

8. **Plank - Forward and Backward x 10**

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Phase 4 - Easy day

9. V-Sit Alternating Bent Knee x 10

10. Squats with Arm Raises x 10

11. Double Hip Bridge x 10

12. Clams x 8

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Phase 4 - Easy day

13. Lateral Leg Raise x 8 (toes in, neutral, and out)

14. Leg Extensions: Forward and Back x 5 (forward, back = 1 rep)

15. Good Mornings x 10

16. Iron Cross x 10

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Phase 4 - Easy day

17. Knee to Chest Extension x 5

18. Leg Raise to 90° with Bent Knee x 5

19. Groiners x 10

20. Fire Hydrants x 10

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Phase 4 - Easy day

21. Knee Circles Forward x 5

22. Bent Knee Hip Extension x 5

23. Log Rolls x 5 each leg

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24. Y Pullover x 5

25. Straight Arm Pullover x 5

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Phase 4 - Hard Day

1. Skipping with Arm Raises x 30m

2. Backward Skipping x 30m

3. Lateral Skips x 30m

4. Skip-Skip-Lunge x 5 each side

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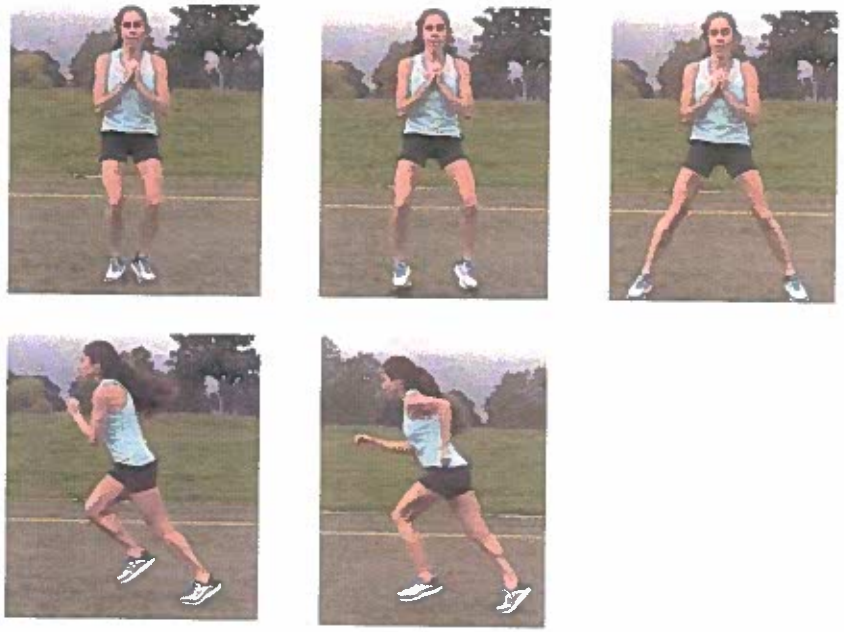
Phase 4 - Hard Day

5. **Wide Out x 10 with 30m run out**



6. **Hops x 10 with 30m run out**

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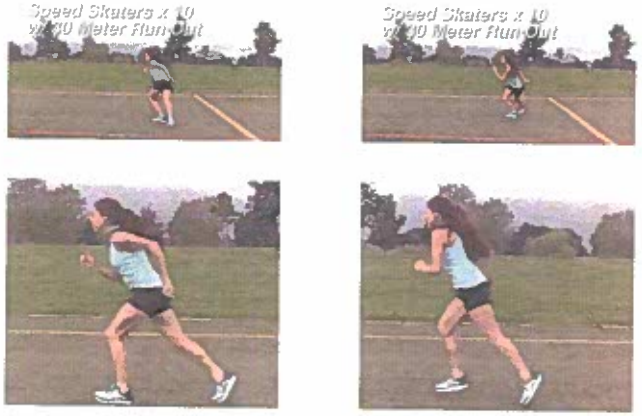
Phase 4 - Hard Day

7. **Speed Skaters x 10 with 30m run out**



8. **Mountain Climbers - Singles In x 10 with 30m run out**

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9. Mountain Climbers - Singles Out x 10 with 30m run out

10. Mountain Climbers - Doubles In x 10 with 30m run out

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11. Mountain Climbers - Doubles Out x 10 with 30m run out

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Phase 4 - Hard Day

12. **Frog Hops x 10**

13. **Plank with Arm Extensions x 10**

14. **Side Plank with Rotation x 5 each side**

15. **Supine Plank with Alternate Leg Lifts x 5 each leg**

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Phase 4 - Hard Day

16. **Plank Rotations - Left Side x 10**

17. **Side Plank with Leg Lifts x 5**

18. **V-Sit Flutter Kicks x 30 sec**

19. **Plank Rotation - Right Side x 10**

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20. Australian Crawl x 20

21. Straight Arm Scoops x 10

22. Knee to Chest Walk x 10

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23. Walking Hip Rotation x 10

24. Walking Arm Reaches x 10

25. Bear Crawl x 10m

26. Side Bear Crawl x 5 each direction

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27. Squat Arm Raise with Straight Arms x 5

28. Squat Arm Raise with Y Arms x 5

29. Double Hip Bridge x 10, then 10 sec hold

30. Iron Cross x 10

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Phase 4 - Hard Day

31. Knee to Chest Extension x 5

32. Leg Raise with Bent Knee x 5

33. Groiners x 10

34. Fire Hydrants x 5

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35. Bent Knee Hip Extension x 5

36. Log Rolls x 5

37. Y Pullover x 5

38. Straight Arm Pullover x 5

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Phase 4 - Hard Day

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Phase 5 - Hard day

1. **Skipping Forward x 30m**

2. **Skipping Backward x 30m**

3. **Skipping Side to Side x 30m**

4. **Skip-Skip-Lunge x 30m**

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Phase 5 - Hard day

5. **Pogo Hops x 5 with 30m run out**

6. **Speed Skaters x 5 with 30m run out**

7. **Squat Jump x 5 with shallow landing then 30m run out**

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Phase 5 - Hard day

8. Side Squat Jumps x 5 each side with 30m run out

9. Frog Hops x 10

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Phase 5 - Hard day

10. Bounding x 10, down and back

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Phase 5 - Hard day

11. **Walking Straight Leg Sweeps x 5, down and back**

12. **Knee to Chest Walk x 5 leg, down and back**

13. **Walking Hip Rotations x 5 each leg, down and back**

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Phase 5 - Hard day

14. **Wave Lunges with Rotations - 3 Lunges x 8 Rotations**

15. **Side Haybales x 5 each side**

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Phase 5 - Hard day

16. Front Plank with Alternating Arm Lifts x 30 sec

17. V-Sit Scissor Kick x 30 sec

18. Single Leg Hip Bridge x 5, then 20 sec hold

19. Front Plank with Hip Abduction x 30 sec

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20. V-Sit Flutter Kick x 30 sec

21. Straight Leg Forward and Back x 5

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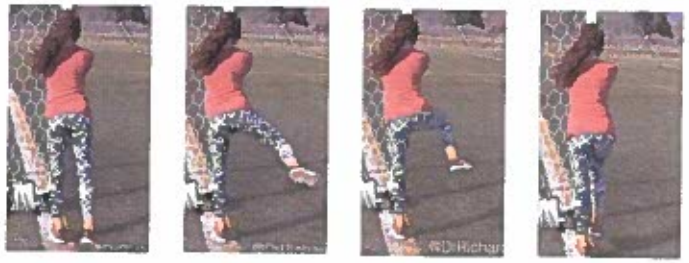
22. Side to Side Straight Leg x 5

23. Forward and Back with Bent Knee x 5

24. Side to Side with Bent Knee x 5

25. Forward Hurdle Trail Leg x 5



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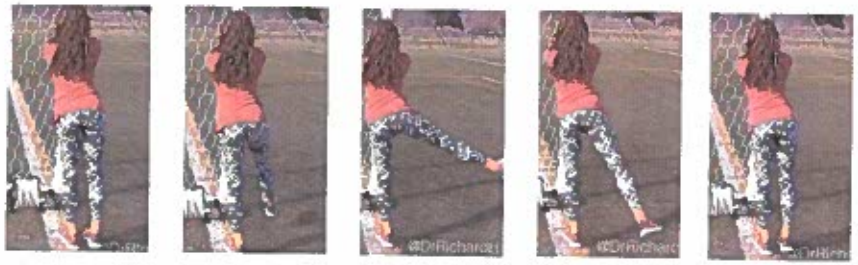
Phase 5 - Hard day

26. Backward Hurdle Trail Leg x 5

27. Forward Straight Leg Circles x 5

28. Backward Straight Leg Circles x 5



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Phase 1 - Easy Day

1. Prone Plank x 10 sec
2. Side Plank x 10 sec
3. Prone Plank x 10 sec
4. Double Hip Bridge x 6
5. Clams x 6
6. Reverse Clams x
7. Reverse Air Clams x 6
8. Lateral Leg Raise x 6 (toes in, neutral, and out)
9. Donkey Kicks x 8
10. Donkey Whips x 8
11. Fire Hydrants x 8
12. Knee Circles Forward x 8
13. Knee Circles Backward x 8
14. Cat-Cow x 5 cycles

Phase 1 - Hard Day

1. Prone Plank x 20 sec
2. Side Plank x 20 sec
3. Supine Plank x 10 sec
4. Side Plank x 20 sec
5. Prone Plank x 20 sec
6. Split Squat x 5
7. Side Walk Squat x 5
8. Good Morning x 8
9. Bird Dog x 5
10. Clams x 8
11. Reverse Clams x 8
12. Reverse Air Clams x 8
13. Lateral Leg Raise x 8 (toes in, neutral, and out)
14. Donkey Kicks x 8
15. Donkey Whips x 8
16. Fire Hydrants x 8
17. Knee Circles Forward x 8
18. Knee Circles Backward x 8
19. Cat-Cow x 5 cycles

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Phase 2 - Easy Day

1. Prone Plank x 20 sec
2. Side Plank x 20 sec
3. Supine Plank x 10 sec
4. Single Leg Bridge x 6
5. Clams x 8
6. Reverse Clams x 8
7. Reverse Air Clams x 8
8. Lateral Leg Raise x 8 (toes in, neutral, and out)
9. Donkey Kicks x 8
10. Donkey Whips x 8
11. Fire Hydrants x 8
12. Knee Circles Forward x 8
13. Knee Circles Backward x 8
14. Lower Body Crawl x 10
15. Iron Cross x 10
16. Australian Crawl x 10
17. Iron Cross x 10
18. Groiners x 10
19. Cat-Cow x 5 cycles

Phase 2 - Hard Day

1. Skipping Forward x 30m
2. Skipping Side to Side x 30m
3. Lateral Shuffle x 10
4. Forward Walking Lunge x 5
5. Wide Outs x 10
6. Mountain Climbers - Singles in x 10
7. Lateral Lunge x 10
8. Wave Lunge x 10
9. Prone Plank x 20 sec
10. Side Plank x 20 sec
11. Supine Plank x 10 sec
12. Side Plank x 20 sec
13. Prone Plank x 20 sec
14. V-Sit x 10 sec
15. Superman x 10
16. V-Sit x 10 sec
17. Split Squat x 5
18. Side Walk Squat x 5
19. Good Morning x 8
20. Bird Dog x 5
21. Clams x 8
22. Reverse Clams x 8
23. Reverse Air Clams x 8
24. Lateral Leg Raise x 8 (toes in, neutral, and out)
25. Donkey Kicks x 8
26. Donkey Whips x 8
27. Fire Hydrants x 8
28. Knee Circles Forward x 8
29. Knee Circles Backward x 8
30. Lower Body Crawl x 10
31. Iron Cross x 10
32. Australian Crawl x 10
33. Iron Cross x 10
34. Groiners x 10
35. Cat-Cow x 5 cycles

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SAM - Strength and Mobility

Phase 3 - Easy Day

1. Prone Plank - 30 sec
2. Side Plank - 20 sec
3. Supine Plank - 20 sec
4. Plank with Arm Extension x 5
5. Side Plank with Arm Rotation x 5
6. Supine Plank with Alternate Leg Lifts x 5
7. Plank Forward and Back x 10
8. V-Sit Alternating Bent Knee x 5
9. Squat with Arm Extensions x 10
10. Double Hip Bridge x 10
11. Clams x 8
12. Lateral Leg Raise x 8 (toes in, neutral, and out)
13. Leg Extensions: Forward and Back x 5 (forward, back = 1 rep)
14. Leg Extension at 45°: Forward and Back x 5 (forward, back = 1 rep)
15. Good Mornings x 10
16. Iron Cross x 10
17. Knee to Chest Extension x 5
18. Leg Raise to 90° with Bent Knee x 5
19. Groiners x 10
20. Fire Hydrants x 10
21. Knee Circles Forward x 5
22. Knee Circles Backward x 5
23. Bent Knee Leg Extension x 5
24. In and Out Leg Extension with Bent Knee x 5
25. Y Pullover x 5
26. Straight Pullover x 5

Phase 3 - Hard Day

1. Skipping with Arm Raises x 30m
2. Backward Skipping x 30m
3. Lateral Skips x 30m
4. Skip-Skip-Lunge x 5 each side
5. A-Skips x 5 each leg
6. Wave Lunge x 5 with 30m run out
7. Wide Out x 10 with 30m run out
8. Speed Skater x 10 with 30m run out
9. Mountain Climbers - Singles In x 10 with 30m run out
10. Mountain Climbers - Singles Out x 10 with 30m run out
11. Lateral Shuffle 45° x 5 each direction x 30m
12. Prone Plank x 30 sec
13. Side Plank x 20 sec
14. Side Plank x 20 sec (other side)
15. Supine Plank x 20 sec
16. Plank with Arm Extension x 10
17. Side Plank with Rotation x 5 each side
18. Supine Plank with Alternate Leg Lifts x 10
19. Prone Plank - Forward and Back x 10
20. Supine Plank with Alternate Leg Lifts x 10
21. V-Sit with Alternating Bent Knee x 10
22. Split Squat with Torso Lean x 10
23. Side Lunge with Twist x 5 (down/back)
24. Straight Leg Deadlift x 10 each leg
25. Inch Worms with Push-Ups x 5
26. Bird Dog - Side Extension x 5 each side
27. Single Hip Bridge x 10 each leg
28. Bridge with Heel Walks x 2
29. Iron Cross x 10
30. Knee to Chest Extension x 5 each leg
31. Leg Raise with Bent Knee x 5 each leg
32. Groiners x 10
33. Fire Hydrants x 5
34. Bent Knee Hip Extension x 5
35. Log Rolls x 5
36. Y Pullover x 5
37. Straight Arm Pullover x 5

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SAM - Strength and Mobility

Phase 4 - Easy Day

1. Prone Plank x 30 sec
2. Side Plank x 20 sec
3. Side Plank x 20 sec
4. Supine Plank x 20 sec
5. Plank with Arm Extension x 10
6. Side Plank with Rotation x 5 each side
7. Supine Plank with Alternate Leg Lifts x 10
8. Plank - Forward and Backward x 10
9. V-Sit Alternating Bent Knee x 10
10. Squats with Arm Raises x 10
11. Double Hip Bridge x 10
12. Clams x 8
13. Lateral Leg Raise x 8 (toes in, neutral, and out)
14. Leg Extensions: Forward and Back x 5 (forward, back = 1 rep)
15. Good Mornings x 10
16. Iron Cross x 10
17. Knee to Chest Extension x 5
18. Leg Raise to 90° with Bent Knee x 5
19. Groiners x 10
20. Fire Hydrants x 10
21. Knee Circles Forward x 5
22. Bent Knee Hip Extension x 5
23. Log Rolls x 5 each leg
24. Y Pullover x 5
25. Straight Arm Pullover x 5

Phase 4 - Hard Day

1. Skipping with Arm Raises x 30m
2. Backward Skipping x 30m
3. Lateral Skips x 30m
4. Skip-Skip-Lunge x 5 each side
5. Wide Out x 10 with 30m run out
6. Hops x 10 with 30m run out
7. Speed Skaters x 10 with 30m run out
8. Mountain Climbers - Singles In x 10 with 30m run out
9. Mountain Climbers - Singles Out x 10 with 30m run out
10. Mountain Climbers - Doubles In x 10 with 30m run out
11. Mountain Climbers - Doubles Out x 10 with 30m run out
12. Frog Hops x 10
13. Plank with Arm Extensions x 10
14. Side Plank with Rotation x 5 each side
15. Supine Plank with Alternate Leg Lifts x 5 each leg
16. Plank Rotations - Left Side x 10
17. Side Plank with Leg Lifts x 5
18. V-Sit Flutter Kicks x 30 sec
19. Plank Rotation - Right Side x 10
20. Australian Crawl x 20
21. Straight Arm Scoops x 10
22. Knee to Chest Walk x 10
23. Walking Hip Rotation x 10
24. Bear Crawl x 10m
25. Side Bear Crawl x 5 each direction
26. Squat Arm Raise w/ Straight Arms x 5
27. Squat Arm Raise with Y Arms x 5
28. Double Hip Bridge x 10, then 10 sec hold
29. Iron Cross x 10
30. Knee to Chest Extension x 5
31. Leg Raise with Bent Knee x 5
32. Groiners x 10
33. Fire Hydrants x 5
34. Bent Knee Hip Extension x 5
35. Log Rolls x 5
36. Y Pullover x 5
37. Straight Arm Pullover x 5

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SAM - Strength and Mobility

Phase 5 - Hard Day

There is no Phase 5 - Easy Day video.
Please use Phase 4 - Easy Day when you need an easy routine, or even Phase 3 - Easy Day.

1. Skipping Forward x 30m
2. Skipping Backward x 30m
3. Skipping Side to Side x 30m
4. Skip-Skip-Lunge x 30m
5. Pogo Hops x 5 with 30m run out
6. Speed Skaters x 5 with 30m run out
7. Squat Jump x 5 with shallow landing then 30m run out
8. Side Squat Jumps x 5 each side with 30m run out
9. Frog Hops x 10
10. Bounding x 10, down and back
11. Walking Straight Leg Sweeps x 5, down and back
12. Knee to Chest Walk x 5 leg, down and back
13. Walking Hip Rotations x 5 each leg, down and back
14. Wave Lunges with Rotations - 3 Lunges x 8 Rotations
15. Side Haybales x 5 each side
16. Front Plank with Alternating Arm Lifts x 30 sec
17. V-Sit Scissor Kick x 30 sec
18. Single Leg Hip Bridge x 5, then 20 sec hold
19. Front Plank with Hip Abduction x 30 sec
20. V-Sit Flutter Kick x 30 sec
21. Straight Leg Forward and Back x 5
22. Side to Side Straight Leg x 5
23. Forward and Back with Bent Knee x 5
24. Side to Side with Bent Knee x 5
25. Forward Hurdle Trail Leg x 5
26. Backward Hurdle Trail Leg x 5
27. Forward Straight Leg Circles x 5
28. Backward Straight Leg Circles x 5

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