

S.A.M. - Strength and Mobility

Phase 1 - Mon, Wed & Fri

Planks

- * Prone (Belly Down) 10 sec
- * Side 10 sec
- * Supine (Belly Up) 10 sec
- * Side 10 sec
- * Prone (Belly Down) 10 sec

Double Hip Bridge 6x

Clams 6x

Reverse Clams 6x

Reverse Air Clams 6x

Lateral Leg Raises

- * Toe in 6x
- * Toe Neutral 6x
- * Toe Out 6x

Donkey Kicks 8x

Donkey Whips 8x

Knee Circles

- * Forward 8x
- * Backward 8x

Cat Cows 5x

S.A.M. - Strength and Mobility

Phase 1 - Tues & Thurs

Hard Day

Planks

- * Prone (Belly Down) 20 sec
- * Side 20 sec
- * Supine (Belly Up) 10 sec
- * Side 20 sec
- * Prone (Belly Down) 20 sec

Split Squat 5x each leg

Side Walk Squat 5x each leg

Good Morning 8x

Bird Dog 5x

Clams 8x

Reverse Clams 8x

Reverse Air Clams 8x

Lateral Leg Raises

- * Toe in 8x
- * Toe Neutral 8x
- * Toe Out 8x

Donkey Kicks 8x

Donkey Whips 8x

Fire Hydrants 8x

Knee Circles

- * Forward 8x
- * Backward 8x

Cat Cows 5x