

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
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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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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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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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

