

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



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



SAM - Strength and Mobility

Phase 1 - Easy Day

9. Donkey Kicks x 8



10. Donkey Whips x 8



11. Fire Hydrants x 8



SAM - Strength and Mobility

Phase 1 - Easy Day

12. Knee Circles Forward x 8



13. Knee Circles Backward x 8



SAM - Strength and Mobility

Phase 1 - Easy Day

14. Cat-Cow x 5 Cycles



Scan QR Code Below to Access SAM Phase 1 Easy Video:



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



SAM - Strength and Mobility

Phase 1 - Hard day

5. Prone Plank x 20 sec



6. Split Squat x 5



7. Side Walk Squat x 5



SAM - Strength and Mobility

Phase 1 - Hard day



8. Good Morning x 8



9. Bird Dog x 5



SAM - Strength and Mobility

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)



SAM - Strength and Mobility

Phase 1 - Hard day



14. Donkey Kicks x 8



15. Donkey Whips x 8



16. Fire Hydrants x 8



SAM - Strength and Mobility

Phase 1 - Hard day

17. Knee Circles Forward x 8



18. Knee Circles Backward x 8



19. Cat-Cow x 5 cycles



SAM - Strength and Mobility

Phase 1 - Hard day



Scan QR Code Below to Access SAM Phase 1 Hard Video:



SAM - Strength and Mobility

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



SAM - Strength and Mobility

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)



SAM - Strength and Mobility

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



SAM - Strength and Mobility

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



SAM - Strength and Mobility

Phase 2 - Easy Day

17. Iron Cross x 10



18. Groiners x 10



19. Cat-Cow x 5 cycles



SAM - Strength and Mobility

Phase 2 - Easy Day

Scan QR Code Below to Access SAM Phase 2 Easy Video:



SAM - Strength and Mobility

Phase 2 - Hard day

1. Skipping Forward x 30m



2. Skipping Side to Side x 30m



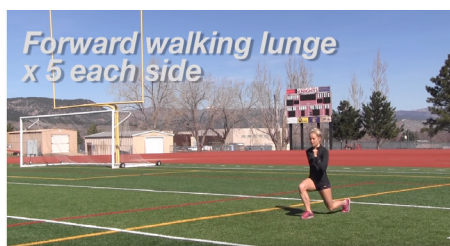
SAM - Strength and Mobility

Phase 2 - Hard day

3. Lateral Shuffle x 10



4. Forward Walking Lunge x 5



SAM - Strength and Mobility

Phase 2 - Hard day

5. Wide Outs x 10



6. Mountain Climbers - Singles In x 10



7. Lateral Lunge x 10



SAM - Strength and Mobility

Phase 2 - Hard day



8. Wave Lunge x 10



9. Prone Plank x 20 sec



SAM - Strength and Mobility

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



SAM - Strength and Mobility

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



SAM - Strength and Mobility

Phase 2 - Hard day



18. Side Walk Squat x 5



19. Good Morning x 8



20. Bird Dog x 5



SAM - Strength and Mobility

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)



SAM - Strength and Mobility

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



SAM - Strength and Mobility

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



SAM - Strength and Mobility

Phase 2 - Hard day

34. Iron Cross x 10



35. Groiners x 10



36. Cat-Cow x 5 cycles



SAM - Strength and Mobility

Phase 2 - Hard day

Scan QR Code Below to Access SAM Phase 2 Hard Video:



SAM - Strength and Mobility

Phase 3 - Easy Day

1. Prone Plank x 30 Seconds



2. Side Plank x 20 Seconds



3. Supine Plank x 20 Seconds



SAM - Strength and Mobility

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



SAM - Strength and Mobility

Phase 3 - Easy Day

7. Plank Forward and Backward x 10



8. V-Sit Alternating Bent Knee x 5



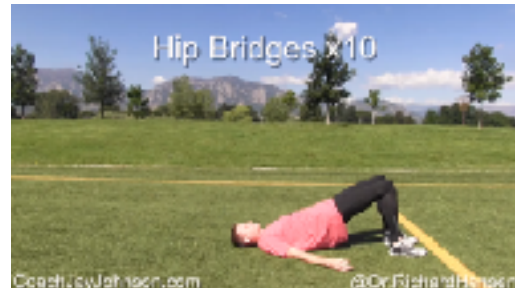
9. Squat with Arm Extension x 10



SAM - Strength and Mobility

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)



SAM - Strength and Mobility

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



SAM - Strength and Mobility

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



SAM - Strength and Mobility

Phase 3 - Easy Day

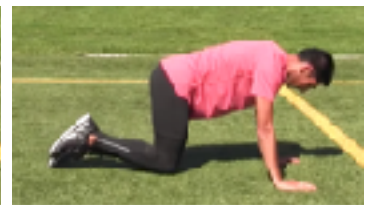
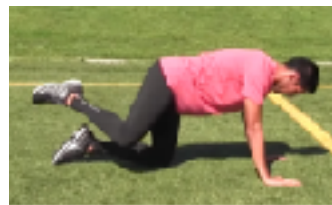
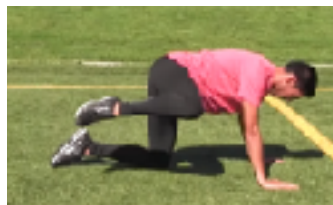
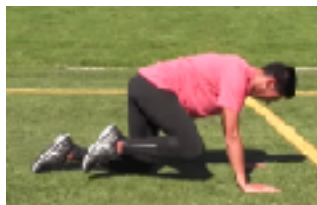
20. Fire Hydrants x 10



21. Knee Circles Forward x 5



22. Knee Circles Backward x 5



SAM - Strength and Mobility

Phase 3 - Easy Day

23. Bent Knee Leg Extensions x 5



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



25. Y Pullover x 5



SAM - Strength and Mobility

Phase 3 - Easy Day

26. Straight Pullover x 5



Scan QR Code Below to Access SAM Phase Three Easy Video:



SAM - Strength and Mobility

Phase 3 - Hard day

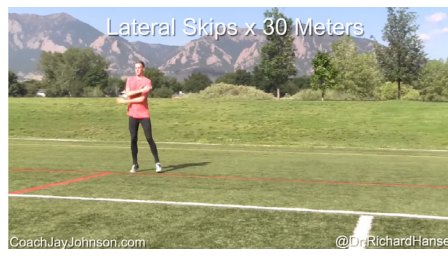
1. Skipping with Arm Raises x 30m



2. Backward Skipping x 30m



3. Lateral Skips x 30m



4. Skip-Skip-Lunge x 5 each side



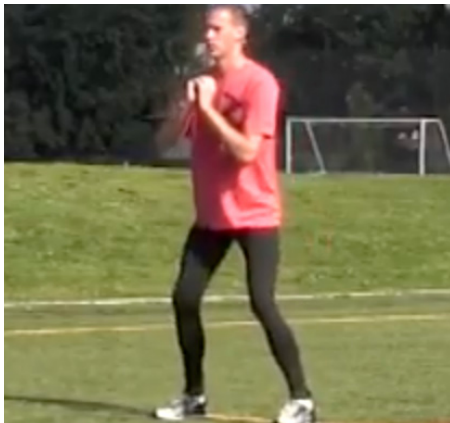
SAM - Strength and Mobility

Phase 3 - Hard day

5. A-Skips x 5 each leg



6. Wave Lunge x 5 with 30m run out



SAM - Strength and Mobility

Phase 3 - Hard day

7. Wide Out x 10 with 30m run out



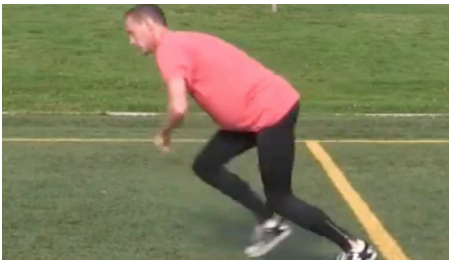
8. Speed Skater x 10 with 30m run out



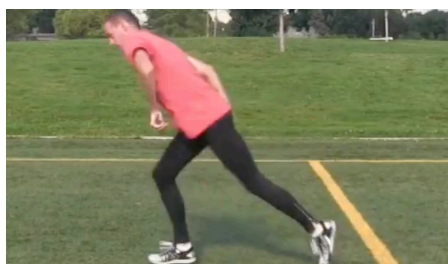
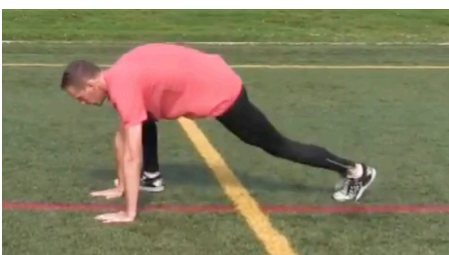
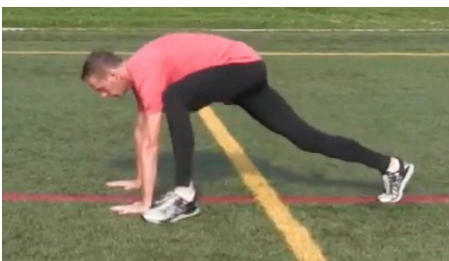
SAM - Strength and Mobility

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



SAM - Strength and Mobility

Phase 3 - Hard day

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



12. Prone Plank x 30 sec



SAM - Strength and Mobility

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



SAM - Strength and Mobility

Phase 3 - Hard day

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



SAM - Strength and Mobility

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)



SAM - Strength and Mobility

Phase 3 - Hard day



24. Straight Leg Deadlift x 10 each leg



25. Inch Worms with Push-Ups x 5



SAM - Strength and Mobility

Phase 3 - Hard day



26. Bird Dog with Side Extension x 5 each side



27. Single Hip Bridge x 10 each leg



SAM - Strength and Mobility

Phase 3 - Hard day

28. Bridge With Heel Walks x 2



29. Iron Cross x 10



30. Knee to Chest Extension x 5 each leg



SAM - Strength and Mobility

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



SAM - Strength and Mobility

Phase 3 - Hard day

35. Log Rolls x 5



36. Y Pullover x 5



37. Straight Arm Pullover x 5



Scan QR Code Below to Access SAM Phase 3 Hard Video:



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



SAM - Strength and Mobility

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



SAM - Strength and Mobility

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



SAM - Strength and Mobility

Phase 4 - Easy day

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



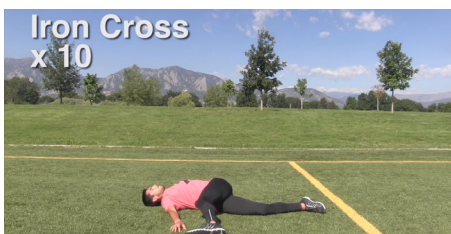
14. Leg Extensions: Forward and Back x 5 (forward, back = 1 rep)



15. Good Mornings x 10



16. Iron Cross x 10



SAM - Strength and Mobility

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



SAM - Strength and Mobility

Phase 4 - Easy day

21. Knee Circles Forward x 5



22. Bent Knee Hip Extension x 5



23. Log Rolls x 5 each leg



SAM - Strength and Mobility

Phase 4 - Easy day

24. Y Pullover x 5



25. Straight Arm Pullover x 5



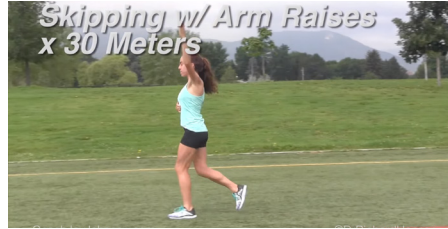
Scan QR Code Below to Access SAM Phase 4 Easy Video:



SAM - Strength and Mobility

Phase 4 - Hard Day

1. Skipping with Arm Raises x 30m



2. Backward Skipping x 30m



3. Lateral Skips x 30m



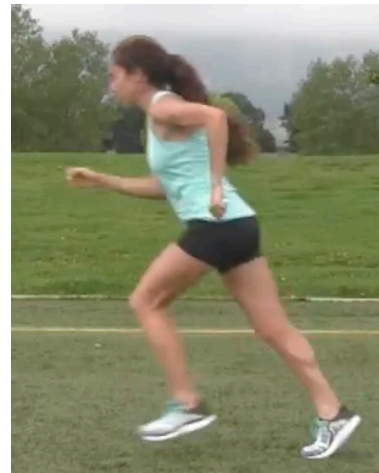
4. Skip-Skip-Lunge x 5 each side



SAM - Strength and Mobility

Phase 4 - Hard Day

5. Wide Out x 10 with 30m run out



6. Hops x 10 with 30m run out



SAM - Strength and Mobility

Phase 4 - Hard Day



7. Speed Skaters x 10 with 30m run out



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



SAM - Strength and Mobility

Phase 4 - Hard Day



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



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



SAM - Strength and Mobility

Phase 4 - Hard Day



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



SAM - Strength and Mobility

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



SAM - Strength and Mobility

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



SAM - Strength and Mobility

Phase 4 - Hard Day

20. Australian Crawl x 20



21. Straight Arm Scoops x 10



22. Knee to Chest Walk x 10



SAM - Strength and Mobility

Phase 4 - Hard Day

23. Walking Hip Rotation x 10



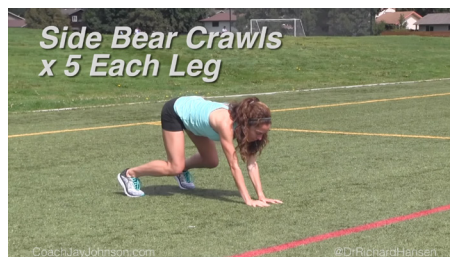
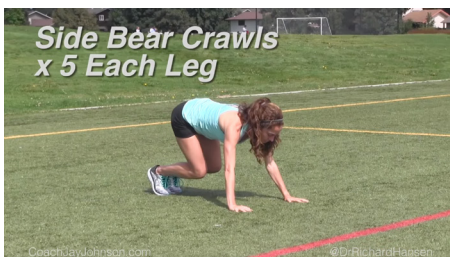
24. Walking Arm Reaches x 10



25. Bear Crawl x 10m



26. Side Bear Crawl x 5 each direction



SAM - Strength and Mobility

Phase 4 - Hard Day

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



SAM - Strength and Mobility

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



SAM - Strength and Mobility

Phase 4 - Hard Day

35. Bent Knee Hip Extension x 5



36. Log Rolls x 5



37. Y Pullover x 5



38. Straight Arm Pullover x 5



SAM - Strength and Mobility

Phase 4 - Hard Day

Scan QR Code Below to Access SAM Phase 4 Hard Video:



SAM - Strength and Mobility

Phase 5 - Hard day

1. Skipping Forward x 30m



2. Skipping Backward x 30m



3. Skipping Side to Side x 30m



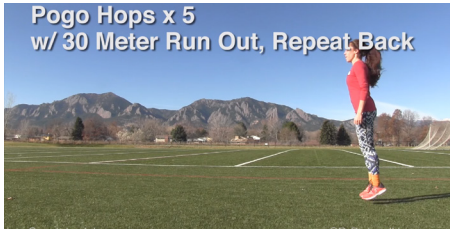
4. Skip-Skip-Lunge x 30m



SAM - Strength and Mobility

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



SAM - Strength and Mobility

Phase 5 - Hard day



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



9. Frog Hops x 10



SAM - Strength and Mobility

Phase 5 - Hard day

10. Bounding x 10, down and back



SAM - Strength and Mobility

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



SAM - Strength and Mobility

Phase 5 - Hard day

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



15. Side Haybales x 5 each side



SAM - Strength and Mobility

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



SAM - Strength and Mobility

Phase 5 - Hard day



20. V-Sit Flutter Kick x 30 sec



21. Straight Leg Forward and Back x 5



SAM - Strength and Mobility

Phase 5 - Hard day

22. Side to Side Straight Leg x 5



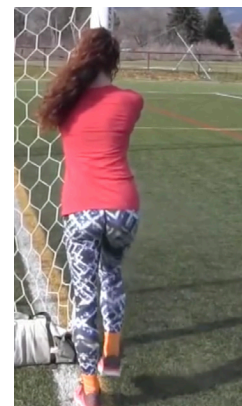
23. Forward and Back with Bent Knee x 5



24. Side to Side with Bent Knee x 5



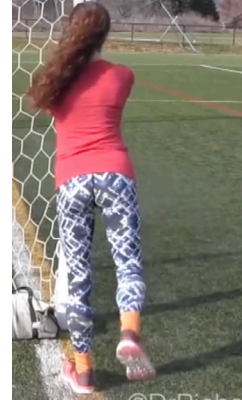
25. Forward Hurdle Trail Leg x 5



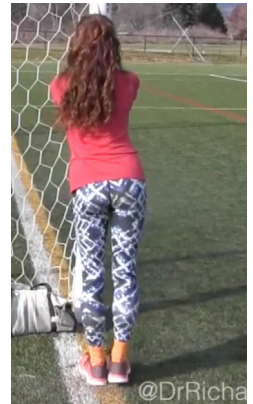
SAM - Strength and Mobility

Phase 5 - Hard day

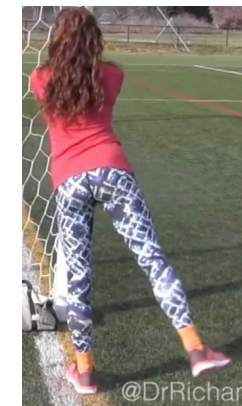
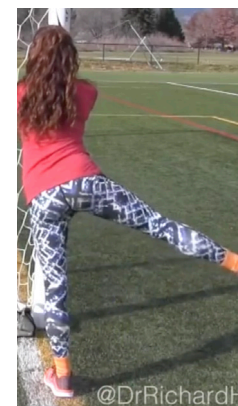
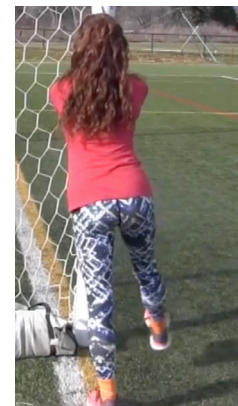
26. Backward Hurdle Trail Leg x 5



27. Forward Straight Leg Circles x 5



28. Backward Straight Leg Circles x 5



SAM - Strength and Mobility

Phase 5 - Hard day

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