

SAM Phase 1 - Hard Day

1. Prone Plank x 20 seconds.



2. Side Plank x 20 seconds.

FRONT



BACK

3. Supine Plank x 10 seconds.

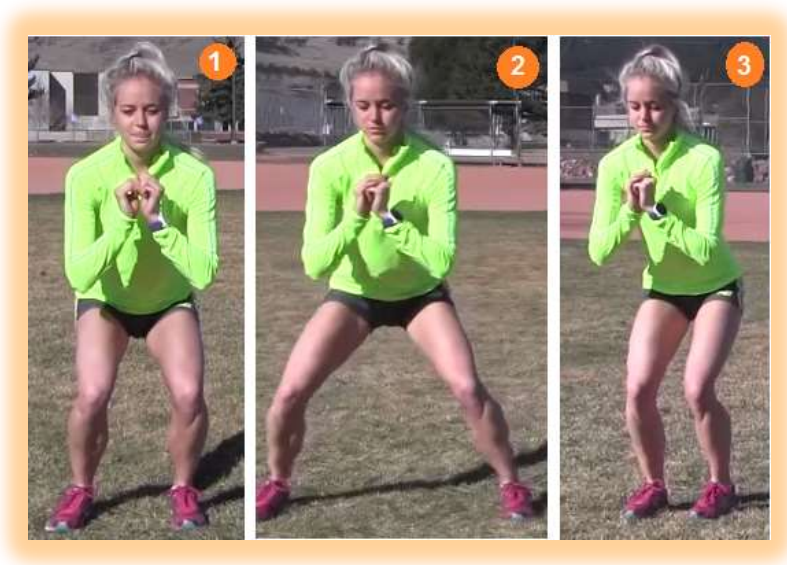


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1. Split Squat x 5 each leg.



2. Side Walk Squat x 5 each leg.



SAM Phase 1 - Hard Day

3. Good Morning x 8.



4. Bird Dog x 5.



5. Clams x 8.

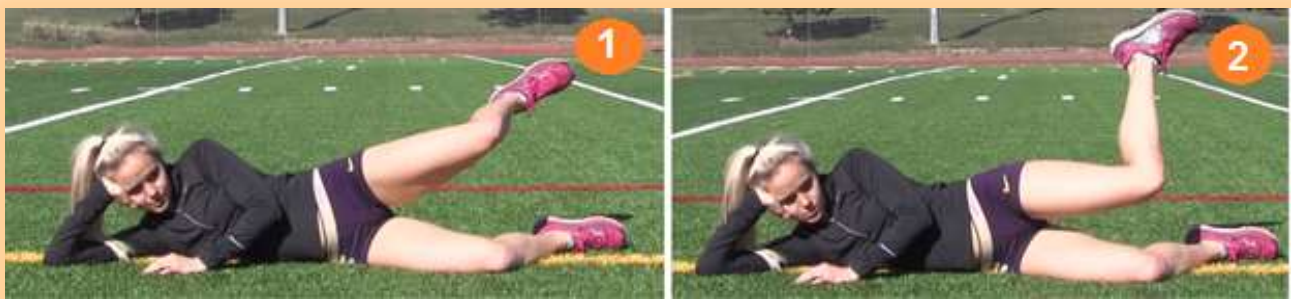


SAM Phase 1 - Hard Day

6. Reverse Clams x 8.



7. Reverse Air Calms x 8.



8. Lateral Leg Raise x 8. Each Exercise- toe in, toe natural, toe out.



SAM Phase 1 - Hard Day

1. Donkey Kicks x 8.



2. Donkey Whips x 8.



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3. Fire Hydrants x 8.



4. Knee Circles Forward x 8.



5. Knee Circles Backward x 8.



SAM Phase 1 - Hard Day

6. Cat Cow x 5 Cycles.

