

## SAM Phase 2 - Hard Day

1. Skipping Forward x 30 Meters.



2. Skipping Side to Side x 30 Meters.



3. Lateral Shuffle x 10 Each Direction.



## SAM Phase 2 - Hard Day

4. Forward Walking Lunge x 5 Each Side.



5. Wide Outs x 10.



6. Mountain Climbers in x 10.





## SAM Phase 2 - Hard Day

7. Lateral Lunge x 10.



8. Wave Lunges x 10.



## SAM Phase 2 - Hard Day

1. Prone Plank x 25 seconds.



2. Side Plank x 25 seconds.

FRONT



BACK



3. Supine Plank x 25 seconds.



## SAM Phase 2 - Hard Day

4. V-Sit x 10 Seconds.



5. Superman x 10.



6. V-Sit x 10 Seconds.



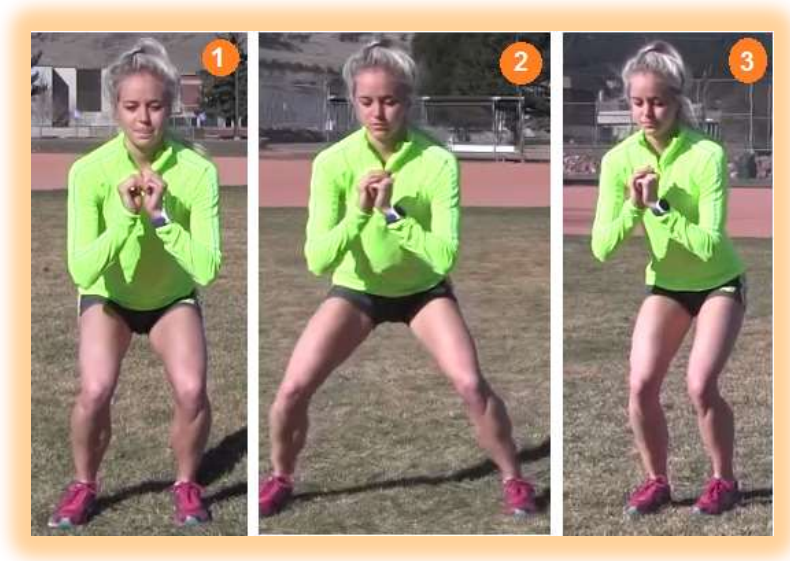


## SAM Phase 2 - Hard Day

1. Split Squat x 5 each leg.



2. Side Walk Squat x 5 each leg.



## SAM Phase 2 - Hard Day

3. Good Morning x 8.



4. Bird Dog x 5.



5. Clams x 8.

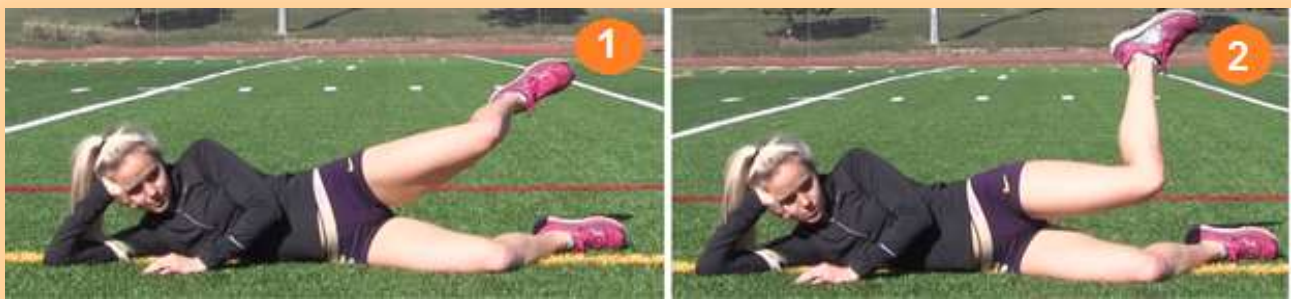


## SAM Phase 2 - Hard Day

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 2 - Hard Day

1. Donkey Kicks x 8.



2. Donkey Whips x 8.

## SAM Phase 2 - Hard Day

3. Fire Hydrants x 8.



4. Knee Circles Forward x 8.



5. Knee Circles Backward x 8.

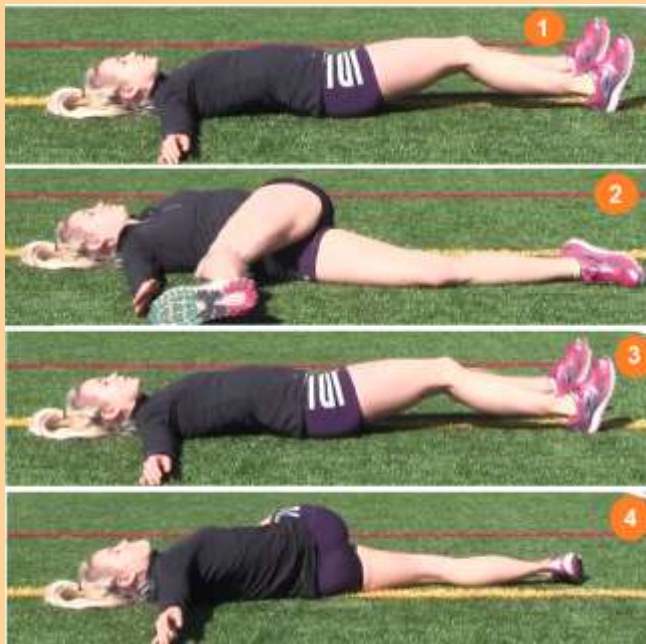


## SAM Phase 2 - Hard Day

6. Lower Body Crawl x 10.



7. Iron Cross x 10.



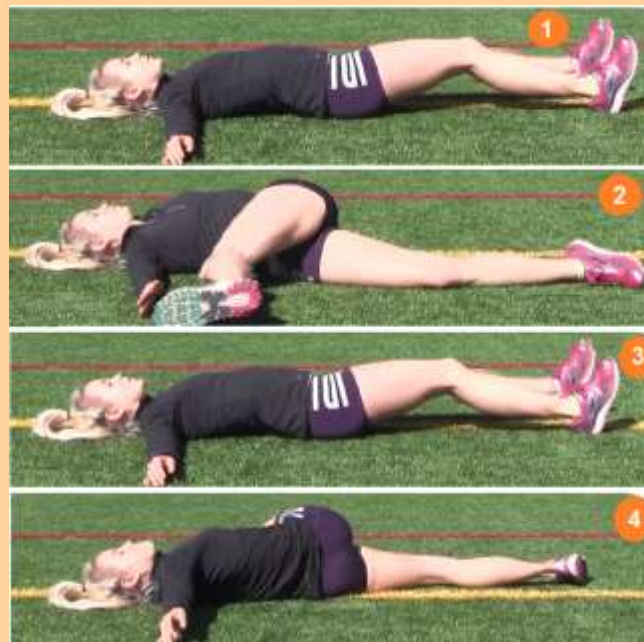


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### 8. Australian Crawl x 10.



### 9. Iron Cross x 10.



## SAM Phase 2 - Hard Day

10. Groiners x10.



11. Cay Cow x 5 Cycles.

