**GSAM Routine Day**

**Georgetown Strength and Mobility Training Routine**

1. Prone Plank: Hold for 1 minute
2. Side Plank: Hold for 30 seconds each side
3. Prone Plank: Hold for 1 minute
4. V-sit with running arms: 30 seconds
5. Single Leg Bridge: x 8 (each side)
6. Lateral Leg Raises: Toe in x 8, Toe neutral x 8, Toe out x 8 (each leg)
7. Superman: x 10
8. Supine Straight leg raises x 10 (each leg)
9. Australian Crawl: x 10
10. Clams: Standard x 8, Reverse x 8, Reverse air clams x 8 (each leg)
11. Knee Circles: Forward x 8, Backward x 8 (each leg)

1. Donkey Kicks: x 8 (each side)
2. Donkey Whips: x 8 (each side)
3. Iron Cross: x 10
4. Cat-Cows: x 5
5. Single Leg Stabilization: 30 sec each leg then 10 sec forward bend
6. Push-ups: 2 sets of 10

**GSAM Power Day**

**Georgetown Strength and Mobility Training Routine**

**Jumps/Box work** (2 of the following will be assigned for the day)

1. Jump Rope
2. Depth Jumps progression
   1. Drop off box and stick the landing
   2. Drop off box and reactive jump
   3. Drop off box and jump over hurdle
3. In place jumps
   1. Jump squats
4. Jumping
5. Bounding
6. Step Ups on a box

**Resistance Exercises** (Progress from body weight to added weight, 3 sets of 4 to 8 reps of each exercise assigned for the day)

1. Squats
   1. Goblet, Front, Sumo
   2. Trap bar, Pistol
2. Deadlifts
   1. Kettlebell, Dumbbell
   2. Single leg, Trap bar
3. Lunges
   1. Split lunge
   2. Reverse lunge
4. Rows
5. Push ups
6. Kettlebell Swings
7. Cleans

**Core**

1. Planks
2. Mountain Climbers

**GSAM Recovery Day**

**Georgetown Strength and Mobility Training Routine**

1. Prone Plank: Hold for 1 minute
2. Side Plank: Hold for 30 seconds each side
3. Clams: Standard x 8, Reverse x 8, Reverse air clams x 8 (each leg)
4. Fire Hydrants: x 8 (each side)
5. Knee Circles: Forward x 8, Backward x 8 (each leg)

1. Donkey Kicks: x 8 (each side)
2. Donkey Whips: x 8 (each side)
3. Groiners: x 10
4. Iron Cross: x 10
5. Cat-Cows: x 5
6. Single Leg Stabilization: 30 sec each leg then 10 sec forward bend
7. Rope Stretching (optional)