**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 Hard Day**

**Georgetown Strength and Mobility Training Routine**

1. Prone Plank: Hold for 1 minute
2. Side Plank: Hold for 30 seconds each side
3. Supine Plank: Hold for 30 seconds
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. Lower Body Crawl: x 10
4. Mountain Climbers: x 30 seconds
5. Iron Cross: x 10
6. Push-ups: 2 sets of 10

**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)