**GSAM**

**Georgetown Strength and Mobility Training Routine**

*Developed by Georgetown Cross Country as an alternative to SAM phase 3*

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. Clams: Standard x 8, Reverse x 8, Reverse air clams x 8 (each leg)
6. 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. Superman: x 10
4. Lateral Leg Raises: Toe in x 8, Toe neutral x 8, Toe out x 8 (each leg)
5. Australian Crawl: x 10
6. Supine Straight leg raises: x 10 (each leg)
7. Cat-Cows: x 5
8. Single Leg Stabilization: 30 sec each leg then 10 sec forward bend
9. Push-ups: 2 sets of 10