**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 with Lateral Leg Raises: 30 seconds each side
3. Supine Plank with straight Leg Raises: 30 seconds
4. Prone Plank: Hold for 1 minute
5. V-sit with running arms: 30 seconds
6. Clams: Standard clams x 8 (repeat on other side)

Reverse clams x 8

Reverse air clams x 8

1. Knee Circles: Forward x 8 (repeat on other side)

Backward x 8

1. Donkey Kicks: x 8 each side
2. Donkey Whips: x 8 each side
3. Superman: x 10
4. Australian Crawl: x 10
5. Cat-Cow: x 5
6. Mountain Climbers: 20 seconds
7. Push-ups: 2 sets of 10