

SAM Phase 1 Easy

CORE STRENGTH

Prone Plank x 10 sec
Side Plank R x 10 sec
Side Plank L x 10 sec
Prone Plank x 10 sec

HIP STRENGTH

Double Hip Bridge x 6
Clams R x 6
Reverse Clams R x 6
Reverse Air Clams R x 6
Lateral Leg Raise R – toe down x 6
Lateral Leg Raise R – toe neutral x 6
Lateral Leg Raise R – toe up x 6
Clams L x 6
Reverse Clams L x 6
Reverse Air Clams L x 6
Lateral Leg Raise L – toe down x 6
Lateral Leg Raise L – toe neutral x 6
Lateral Leg Raise L – toe up x 6

HIP MOBILITY

Donkey Kick R x 8
Donkey Kick L x 8
Donkey Whip R x 8
Donkey Whip L x 8
Fire Hydrants R x 8
Fire Hydrants L x 8
Knee Circles R forward x 8
Knee Circles R backward x 8
Knee Circles L forward x 8
Knee Circles L backward x 8
Cat-Cow x 5 cycles

SAM Phase 1 Hard

CORE STRENGTH

Prone Plank x 20 sec
Side Plank R x 20 sec
Supine Plank x 10 sec
Side Plank L x 20 sec
Prone Plank x 20 sec

HIP STRENGTH

Split Squat R x 5
Split Squat L x 5
Side Walk Squat R x 5
Side Walk Squat L x 5
Good Morning x 8
Bird Dog R x 5
Bird Dog L x 5
Clams R x 8
Reverse Clams R x 8
Reverse Air Clams R x 8
Lateral Leg Raise R – toe down x 8
Lateral Leg Raise R – toe neutral x 8
Lateral Leg Raise R – toe up x 8
Clams L x 8
Reverse Clams L x 8
Reverse Air Clams L x 8
Lateral Leg Raise L – toe down x 8
Lateral Leg Raise L – toe neutral x 8
Lateral Leg Raise L – toe up x 8

HIP MOBILITY

Donkey Kick R x 8
Donkey Kick L x 8
Donkey Whip R x 8
Donkey Whip L x 8
Fire Hydrants R x 8
Fire Hydrants L x 8
Knee Circles R forward x 8
Knee Circles R backward x 8
Knee Circles L forward x 8
Knee Circles L backward x 8
Cat-Cow x 5 cycles

SAM Phase 2 Easy

CORE STRENGTH

Prone Plank x 20 sec
Side Plank R x 20 sec
Supine Plank x 10 sec
Side Plank L x 20 sec
Prone Plank x 20 sec

HIP STRENGTH

Single Leg Hip Bridge R x 8
Single Leg Hip Bridge L x 8
Clams R x 8
Reverse Clams R x 8
Reverse Air Clams R x 8
Lateral Leg Raise R – toe down x 8
Lateral Leg Raise R – toe neutral x 8
Lateral Leg Raise R – toe up x 8
Clams L x 8
Reverse Clams L x 8
Reverse Air Clams L x 8
Lateral Leg Raise L – toe down x 8
Lateral Leg Raise L – toe neutral x 8
Lateral Leg Raise L – toe up x 8

HIP MOBILITY

Donkey Kick R x 8
Donkey Kick L x 8
Donkey Whip R x 8
Donkey Whip L x 8
Fire Hydrants R x 8
Fire Hydrants L x 8
Knee Circles R forward x 8
Knee Circles R backward x 8
Knee Circles L forward x 8
Knee Circles L backward x 8
Prone Lower Body Crawl x 10 (5 each leg)
Iron Cross x 10 (5 each leg)
Australian Crawl x 10
Iron Cross x 10
Groiners x 10
Cat-Cow x 5 cycles

SAM Phase 2 Hard

LEG EXERCISES

Forward Skipping w/ Arm Raises x 30m
Skipping R x 30m
Skipping L x 30
Lateral Shuffle R x 10
Lateral Shuffle L x 10
Forward Walking Lunge x 10 (5 each leg)
Wide Outs x 10

Mountain Climbers Singles In x 10
Lateral Lunge R x 10
Wave Lunge R/L x 10

CORE STRENGTH

Prone Plank x 25 sec
Side Plank R x 25 sec
Supine Plank x 25 sec
Side Plank L x 25 sec
Prone Plank x 25 sec
V-Sit x 10 sec
Superman x 10
V-Sit x 10 sec

HIP STRENGTH

Split Squat R x 5
Split Squat L x 5
Side Walk Squat R x 5
Side Walk Squat L x 5
Good Morning x 8
Bird Dog R x 5
Bird Dog L x 5
Clams R x 8
Reverse Clams R x 8
Reverse Air Clams R x 8
Lateral Leg Raise R – toe down x 8
Lateral Leg Raise R – toe neutral x 8
Lateral Leg Raise R – toe up x 8
Clams L x 8
Reverse Clams L x 8
Reverse Air Clams L x 8
Lateral Leg Raise L – toe down x 8
Lateral Leg Raise L – toe neutral x 8
Lateral Leg Raise L – toe up x 8

HIP MOBILITY

Donkey Kick R x 8
Donkey Kick L x 8
Donkey Whip R x 8
Donkey Whip L x 8
Fire Hydrants R x 8
Fire Hydrants L x 8
Knee Circles R forward x 8
Knee Circles R backward x 8
Knee Circles L forward x 8
Knee Circles L backward x 8
Lower Body Crawl x 10
Iron Cross x 10
Australian Crawl x 10
Iron Cross x 10
Groiners x 10
Cat-Cow x 5 cycles

SAM Phase 3 Easy

CORE STRENGTH

Prone Plank x 30 sec
Side Plank R x 20 sec
Side Plank L x 20 sec
Supine Plank x 20 sec
Prone Plank w/ Arm Extension x 10 (5 each arm)
Side Plank R w/ Rotation x 5
Side Plank L w/ Rotation x 5
Supine Plank w/ Alternate Leg Lift x 10 (5 each leg)
Prone Plank Forward and Back x 10
V-Sit Alternate Knee Bend x 10 (5 each leg)

HIP STRENGTH

Squat with Arm Extension x 10 (5 each arm)
Double Hip Bridges x 10
Clams R x 8
Lateral Leg Raise R – toe down x 5
Lateral Leg Raise R – toe neutral x 5
Lateral Leg Raise R – toe up x 5
Side Lying Leg Extension Forward & Back x 10 (5 each leg)
Clams L x 8
Lateral Leg Raise L – toe down x 5
Lateral Leg Raise L – toe neutral x 5
Lateral Leg Raise L – toe up x 5

HIP MOBILITY

Good Morning x 10
Iron Cross x 10
Supine Knee to Chest x 10 (5 each leg)
Supine Leg Raise x 10 (5 each leg)
Groiners x 10
Fire Hydrants R x 10
Fire Hydrants L x 10
Knee Circles R forward x 5
Knee Circles R backward x 5
Knee Circles L forward x 5
Knee Circles L backward x 5
Prone Bent Knee Hip Extension x 10 (5 each leg)
Prone Windshield Wipers with Bent Knee x 10 (5 each leg)
Y Pullover x 5
Straight Pullover x 5

SAM Phase 3 Hard

LEG EXERCISES

Forward Skipping w/ Arm Raises x 30m
Backward Skipping w/ Arm Raises x 30m

Skipping R x 30m
Skipping L x 30
Skip-Skip-Lunge x 10 (5 each leg)
A Skips x 10 (5 each leg)
Wave Lunge x 10 (5 each direction) + 30m stride
Wide Outs x 10 + 30m stride
Speed Skaters x 10 + 30m stride
Mountain Climbers Singles In x 10 + 30m stride
Mountain Climbers Singles Out x 10 + 30m stride
Lateral Shuffle Backwards on 45-Degree Angle x 5 each side

CORE STRENGTH

Prone Plank x 30 sec
Side Plank R x 20 sec
Side Plank L x 20 sec
Supine Plank x 20 sec
Prone Plank w/ Alternate Arm Extension x 10 (5 each arm)
Side Plank R w/ Rotation x 5
Side Plank L w/ Rotation x 5
Supine Plank w/ Alternate Leg Lift x 10 (5 each leg)
Prone Plank Forward and Back x 10
V-Sit w/ Alternate Knee Bend x 10 (5 each leg)

HIP STRENGTH

Split Squat w/ Torso Lean x 10 (5 each direction, arms over head)
Side Lunges w/ Twist x 10 (5 each direction)
Straight Leg Deadlift R x 10
Straight Leg Deadlift L x 10
Inch Worms w/ Push-ups x 5
Bird Dog w/ Side Extensions x 10 (5 each side)
Single Leg Hip Bridge R x 10 (hold 10 sec at top on final one)
Single Leg Hip Bridge L x 10 (hold 10 sec at top on final one)
Bridge w/ Heel Walk Outs x 2

HIP MOBILITY

Iron Cross x 10
Supine Knee to Chest x 10 (5 each leg)
Straight Leg Raise w/ Opposite Knee Bent/Foot on Floor x 10 (5 each leg)
Groiners x 10
Fire Hydrants x 10 (5 each leg)
Prone Bent Knee Hip Extension x 10 (5 each leg)
Supine Log Rolls x 10 (5 each leg)
Y Pullover x 5
Straight Pullover x 5

SAM Phase 4 Easy

CORE STRENGTH

Prone Plank x 30 sec
Side Plank R x 20 sec
Side Plank L x 20 sec
Supine Plank x 20 sec
Prone Plank w/ Arm Extension x 10 (5 each arm)
Side Plank R w/ Rotation x 5
Side Plank L w/ Rotation x 5
Supine Plank w/ Alternate Leg Lift x 10 (5 each leg)
Prone Plank Forward and Back x 10
V-Sit Alternate Knee Bend x 10 (5 each leg)

HIP STRENGTH

Squat with Arm Extension x 10 (5 each arm)
Double Hip Bridges x 10
Clams R x 8
Lateral Leg Raise R – toe down x 5
Lateral Leg Raise R – toe neutral x 5
Lateral Leg Raise R – toe up x 5
Side Lying Leg Extension Forward & Back x 10 (5 each leg)
Clams L x 8
Lateral Leg Raise L – toe down x 5
Lateral Leg Raise L – toe neutral x 5
Lateral Leg Raise L – toe up x 5

HIP MOBILITY

Good Morning x 10
Iron Cross x 10
Supine Knee to Chest x 10 (5 each leg)
Supine Leg Raise x 10 (5 each leg)
Groiners x 10
Fire Hydrants R x 10
Fire Hydrants L x 10
Knee Circles R forward x 5
Knee Circles R backward x 5
Knee Circles L forward x 5
Knee Circles L backward x 5
Prone Bent Knee Hip Extension x 10 (5 each leg)
Log Rolls x 10 (5 each leg)
Y Pullover x 5
Straight Pullover x 5

SAM Phase 4 Hard

LEG EXERCISES

Forward Skipping w/ Arm Raises x 30m

Backward Skipping w/ Arm Raises x 30m
Skipping R x 30m
Skipping L x 30
Skip-Skip-Lunge x 10 (5 each leg)
Wide Outs x 10 + 30m stride
Speed Skaters x 10 + 30m stride
Mountain Climbers Singles In x 10 + 30m stride
Mountain Climbers Singles Out x 10 + 30m stride
Mountain Climbers Doubles In x 10 + 30m stride
Mountain Climbers Doubles Out x 10 + 30m stride
Frog Hops x 10

CORE STRENGTH

Prone Plank w/ Alternate Arm Extension x 10 (5 each arm)
Side Plank R w/ Rotation x 5
Side Plank L w/ Rotation x 5
Supine Plank w/ Alternate Leg Lift x 10 (5 each leg)
Prone Plank Rotations x 10 (5 each leg)
Side Plank R w/ Leg Lift x 5
Side Plank L w/ Leg Lift x 5
V-Sit Flutter Kicks x 30 sec
Australian Crawl x 20

HIP STRENGTH

Straight Arm Scoops x 10 (5 each leg)
Knee to Chest Walk x 10 (5 each leg)
Walking Hip Rotations x 10 (5 each leg)
Walking Quad Stretch w/ Arm Extension x 10 (5 each leg)
Bear Crawls x 10m
Side Bear Crawls x 10 (5 each way)
Squat Arm Raise w/ Straight Arms x 5
Squat Arm Raise w/ Y Arms x 5
Double Hip Bridge x 10 (hold 10 sec at top on final one)

HIP MOBILITY

Iron Cross x 10
Supine Knee to Chest x 10 (5 each leg)
Straight Leg Raise w/ Opposite Knee Bent/Foot on Floor x 10 (5 each leg)
Groiners x 10
Fire Hydrants x 10 (5 each leg)
Prone Bent Knee Hip Extension x 10 (5 each leg)
Supine Log Rolls x 10 (5 each leg)
Y Pullover x 5
Straight Pullover x 5

SAM Phase 5 Hard

LEG EXERCISES

Forward Skipping w/ Arm Raises x 30m
Backward Skipping w/ Arm Raises x 30m
Skipping R x 30m
Skipping L x 30
Skip-Skip-Lunge x 10 (5 each leg)
Pogo Hops x 5 w/ 30m stride
Speed Skaters x 10 + 30m stride
Squat Jumps x 5 + 30m stride
Side Squat Jumps x 5 (each direction) + 30m stride
Frog Hops x 10
Bounding x 10

Wide Outs x 10 + 30m stride
Mountain Climbers Singles In x 10 + 30m stride
Mountain Climbers Singles Out x 10 + 30m stride
Mountain Climbers Doubles In x 10 + 30m stride
Mountain Climbers Doubles Out x 10 + 30m stride

HIP STRENGTH

Straight Arm Scoops x 10 (5 each leg)
Knee to Chest Walk x 10 (5 each leg)
Walking Hip Rotations x 10 (5 each leg)
Wave Lunges x 3 + 8 rotations
Side Lunge Haybales x 10 (5 each side)

CORE STRENGTH

Prone Plank w/ Alternate Arm/Leg Extension x 30 sec
V-Sit Scissor Kicks x 30 sec
Single Leg Hip Bridge R x 5 w/ 20 sec hold on last one
Single Leg Hip Bridge L x 5 w/ 20 sec hold on last one
Prone Plank w/ Alternating Hip Abduction x 30 sec
V-Sit Flutter Kicks x 30 sec

HIP MOBILITY

Forward Leg Swings x 10 (5 each leg)
Side Leg Swings x 10 (5 each leg)
Forward Leg Swings w/ Bent Knee x 10 (5 each leg)
Side Leg Swings w/ Bent Knee x 10 (5 each leg)
Side to Side Bent Knee x 10 (5 each leg)
Forward Hurdles x 10 (5 each leg)
Reverse Hurdles x 10 (5 each leg)
Forward Straight Leg Circles x 10 (5 each leg)
Reverse Straight Leg Circles x 10 (5 each leg)