

SAM Phase 2 - Easy Day

1. Prone Plank x 20 seconds.



2. Side Plank x 20 seconds.

FRONT



BACK

3. Supine Plank x 10 seconds.



SAM Phase 2 - Easy Day

1. Single Leg Bridge x 8.



4. Clams x 8.

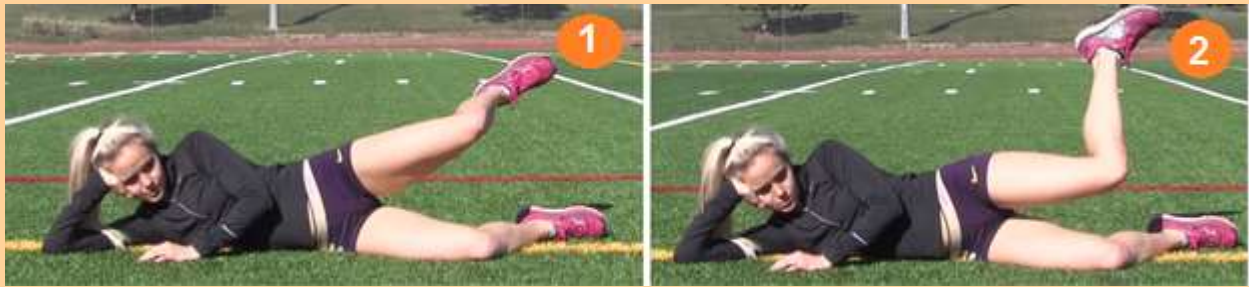


5. Reverse Clams x 8.



SAM Phase 2 - Easy Day

6. Reverse Air Calms x 8.



7. Lateral Leg Raise x 8. Each Exercise- toe in, toe natural, toe out.



SAM Phase 2 - Easy Day

1. Donkey Kicks x 8.



2. Donkey Whips x 8.



SAM Phase 2 - Easy Day

3. Fire Hydrants x 8.



4. Knee Circles Forward x 8.



5. Knee Circles Backward x 8.

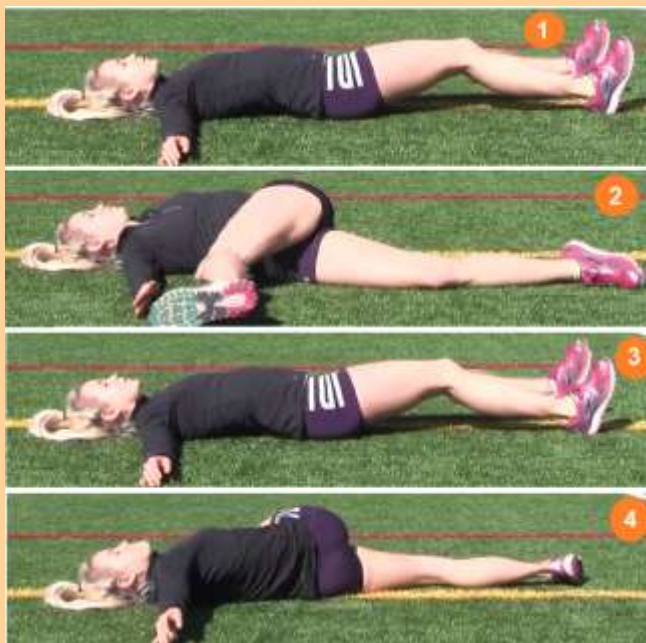


SAM Phase 2 - Easy Day

6. Lower Body Crawl x 10.



7. Iron Cross x 10.

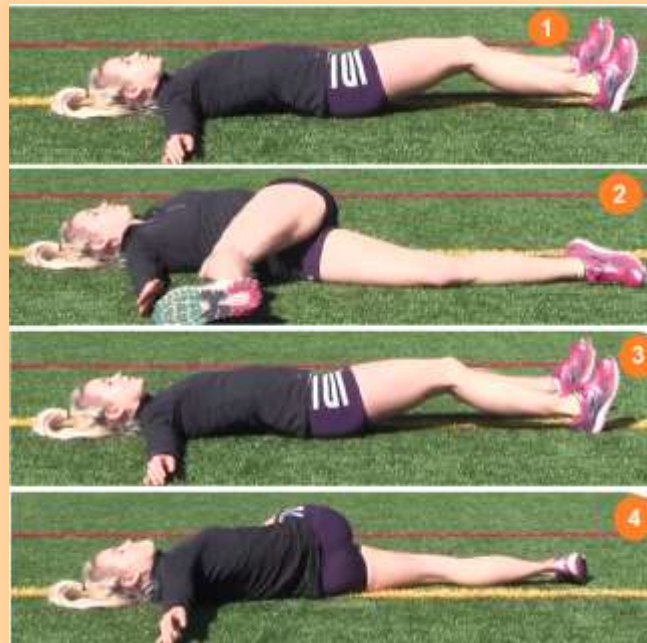


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8. Australian Crawl x 10.



9. Iron Cross x 10.



SAM Phase 2 - Easy Day

10. Groiners x 10.



11. Cat Cow x 5 Cycles.

