

SAM Phase 1 - Easy Day

1. Prone Plank x 10 seconds.



2. Side Plank x 10 seconds.

FRONT

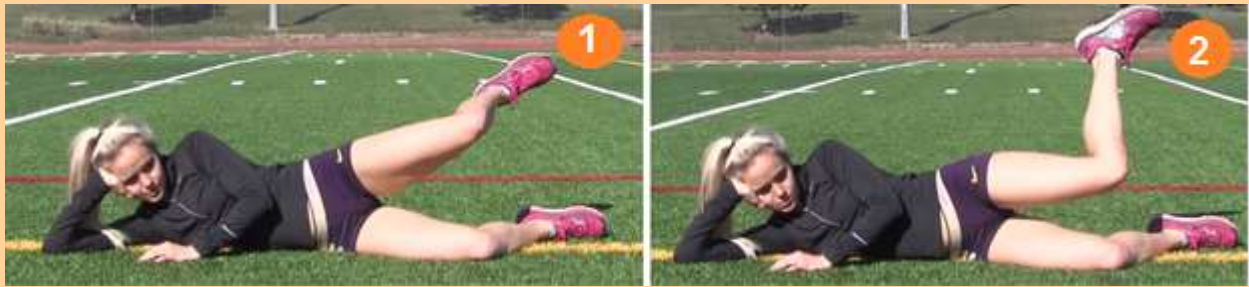


BACK



SAM Phase 1 - Easy Day

4. Reverse Air Calms x 6.



5. Lateral Leg Raise x 6. Each Exercise- toe in, toe natural, toe out.



SAM Phase 1 - Easy Day

1. Donkey Kicks x 8.



2. Donkey Whips x 8.



SAM Phase 1 - Easy Day

3. Fire Hydrants x 8.



4. Knee Circles Forward x 8.



5. Knee Circles Backward x 8.



SAM Phase 1 - Easy Day

6. Cat Cow x 5 Cycles.

