**SAMS**

**STATIONARY WARM UP DRILLS**

1. 6x Side to Side Leg Swing
2. 6x Forward to Back Leg Swing
3. 6x Hurdle Knee Circle Forward
4. 6x Hurdle Knee Circle Backward
5. 6x Leg Raise
6. 12x Iron Cross
7. 12x Scorpion
8. 12x Groiners
9. 12x Elevated Scissor Kicks
10. 12x Elevated Lateral Scissor Kicks
11. 12x Rolling Hamstring Stretch
12. 12x Hurdle Drill
13. 30 Second Prone Plank
14. 30 Second Left Side Plank
15. 30 Second Right Side Plank
16. 30 Second Back Plank
17. 10x Double Hip Bridge
18. 10x Clams
19. 10x Reverse Clams
20. 10x Reverse Air Clams
21. 5x Lateral Leg Raise 0 degrees
22. 5x Lateral Leg Raise 45 degrees
23. 5x Lateral Leg Raise 90 degrees
24. 10x Donkey Kicks
25. 10x Donkey Whips
26. 10x Fire Hydrants
27. 10x Knee Circles Forward

**WALKING WARM UP DRILLS**

1. 8x Knee to Chest
2. 8x Figure 4
3. 8x Dynamic RDL to High Knee
4. 8x Walking Lunge with Twist
5. 8x Quad Stretch
6. 8x Skipping Scoops
7. 8x Forward Skips
8. 8x Backward Skips
9. 8x Lateral Skips
10. 8x Karaoke
11. 8x A-Walk
12. 8x A-Skip
13. 8x A-Skip w/ 3 hops
14. 8x B-Skip
15. 8x Alternating Fast Leg
16. 8x C-Skips
17. 20x Backwards Run
18. 10x Knee Circles Backwards
19. 10x Split Squat each side
20. 10x Squat Walk each way
21. 10x Standing Good Morning
22. 10x Bird Dog each side
23. 10x Cat Cow

**CORE (Pick 10, do 10)**

1. V-Sit
2. Superman
3. Dead Bug
4. Bird Dog
5. Sit Ups
6. Scissor Kicks
7. Lateral Scissor Kicks
8. Side Crunches
9. Russian Twist
10. Penguins
11. Knee In and Outs

**POST RUN DRILLS**

1. 8x Knee to Chest
2. 8x Walking Lunge with Twist
3. 8x Quad Stretch
4. 6x Forward to Back Leg Swings
5. 6x Side to Side Leg Swings
6. Backwards Run
7. Cross Legged Toe Touch
8. Barefoot Toe Walk
9. Barefoot Heel Walks
10. Legs Up Alternating Crunch
11. Bear Crawls
12. Body Saw Plank
13. Leg Raise
14. Plank shoulder taps
15. Hip Drop Planks
16. Mountain Climbers