

# Craftsbury Academy Cross Country

## SAM - (Strength, Agility, Movement)

Easy Day Set List - [www.youtube.com/watch?v=5-2gUAOnrco](http://www.youtube.com/watch?v=5-2gUAOnrco)

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### Core Strength (50 Sec)

Prone Plan	10 Sec
Left Side Plank	10 Sec
Supine Plank	10 Sec
Right Side Plank	10 Sec
Prone Plank	10 Sec

### Hip Strength

Double Hip Bridge x 8

Clams x 8 each side

Reverse Clams x 8 each side

Lateral Leg Raise x 8 each side (3 sets - toe in, neutral, toe out)

### Hip Mobility

Donkey Kicks x 8 each side

Donkey Whips x 8 each side

Fire Hydrants x 8 each side

Knee Circles Forward x 8 each side

Knee Circles Backward x 8 each side

Cat – Cow x 5