

# Craftsbury Academy Cross Country

## SAM - (Strength, Agility, Movement)

### Core Strength

#### Easy Day

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

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

#### Hard day

[www.youtube.com/watch?v=fBxLLadf\\_q4](http://www.youtube.com/watch?v=fBxLLadf_q4)

Prone Plank	20 Sec
Left Side Plank	20 Sec
Supine Plank	10 Sec
Right Side Plank	20 Sec
Prone Plank	10 Sec

### Hip Strength

Double Hip Bridge x 8  
Clams x 8 each side  
Reverse Clams x 8 each side  
Reverse Air Clams x 8 each side  
Lateral Leg Raise x 8 each side  
- (3 sets - toe in, neutral, toe out)

Split Squats x 5 on each leg  
Side Squat Walk 5 x each direction  
Good Morning x 8  
Bird Dog x 5 each side  
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