

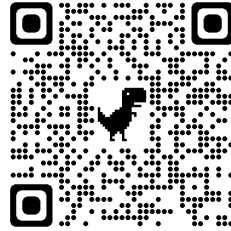
SAM Phase 1

Prone Plank x10 sec
Side Plank x10 sec
Side Plank x10 sec
Prone Plank x10 sec
Double Hip Bridge x6
Clams x5
Reverse Clams x5
Reverse Air Clams x5
Lateral Leg Raise x6 (in, neutral, out)
Donkey Kicks x8
Donkey Whips x8
Fire Hydrants x8
Knee Circles Forward x8
Knee Circles Backward x8
Cat-Cow x5



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Prone Plank x10 sec
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Reverse Clams x5
Reverse Air Clams x5
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