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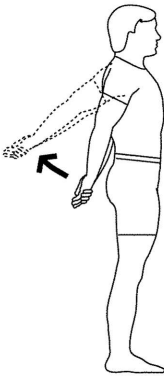
The purpose of the foundation phase is to learn the movements of resistance training, reverse the effects of disuse, strengthen the tendons, ligaments and muscles, and finally create muscular balance throughout the body. This program is designed to be performed circuit style. Circuit training involves doing one set of each exercise in succession without rest between exercises. After completing one set of each exercise, take a minute rest, and do the second set. By training in this fashion, you decrease the total workout time, and also add a cardiorespiratory conditioning component to your resistance training.

When trying to determine your weight for each exercise, experiment to find a weight that allows you to do both sets of the exercise in good form. The goal of the foundation phase is not to be excessively sore the day after training!

For cardiorespiratory conditioning, a minimum of 30 minute sessions on Monday, Wednesday and Friday are a good starting point. Intensity should be adequate to get your heart rate up, but not so intense that you are no longer able to speak in full sentences. If you are already accustomed to carrying a pack, you can carry your pack with 10-15 pounds during the foundation phase. Choose hiking when possible for training, but stair climbing and descending, treadmill on an incline or any other weight bearing exercise will be beneficial.

On the weekends, when possible you should try to get out at least one day for a training hike. This is a great time to get used to the specific muscles used in hiking, break in the shoes you will use on your trip, and test your gear. For the foundation phase, try to find a hike that is at least 3-4 miles long and has an elevation gain of 500-1,000 feet.

**Chest and Anterior Deltoid Stretch**

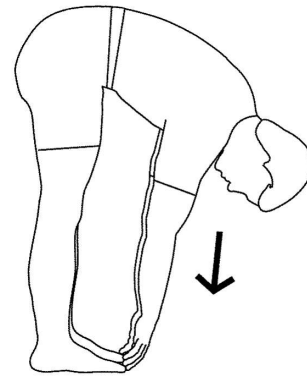


- This stretch is great for people who carry packs.
- Clasp hands together behind your back.
- Gently raise your arms until you feel a stretch throughout the chest and shoulder region.

Perform 1 set of 1 Repetition, M,W,F.

Hold exercise for 20 Seconds.

**Standing Hamstring Stretch**



- This stretches the hamstrings, commonly tight in hikers.
- Stand with legs together, knees straight.
- Gently and slowly lean forward at waist, trying to touch toes.
- Hold stretch and return to start position.

**Special Instructions:**

Keep knees straight.

Perform 1 set of 1 Repetitions, M,W,F.

Hold exercise for 20 Seconds.

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**Standing Quads Stretch**



- This stretches the quad muscles, also tight in hikers.
- Stand on uninvolved leg, using table or chair for balance.
- Bend knee of involved leg.
- Grasp with hand and gently pull up toward buttocks.
- Hold.
- Switch legs and repeat.

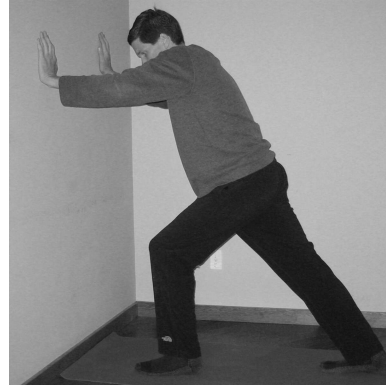
**Special Instructions:**

Keep thigh straight in line with body, do not bend at hip.

Perform 1 set of 1 Repetition, M,W,F.

Hold exercise for 20 Seconds.

**Calf Stretch**

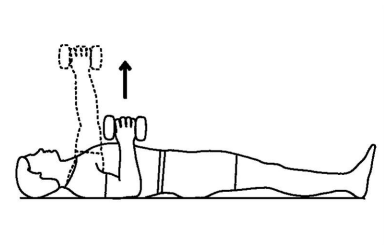


- This stretches the calves, a very common tight muscle in hikers.
- Stand facing wall, hands on wall.
- Step forward with foot of uninvolved leg, leaning hips toward wall.
- Keep rear leg straight with heel on floor.
- Switch legs and repeat.

Perform 1 set of 1 Repetition, M,W,F.

Hold exercise for 20 Seconds.

**DB flat press**



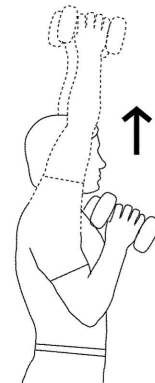
- This strengthens the muscles used in carrying a pack.
- Lie on back.
- Hold weight in hand, arm at side, elbow bent to 90 degrees.
- Lift arm up, straightening elbow.
- Lower arm and repeat.

Perform 2 sets of 15 Repetitions, M,W,F.

Use Lbs.

Perform 1 repetition every 4 Seconds.

**DB double overhead press**



- This strengthens the shoulders and back, crucial for carrying backpacks.
- Sit or stand.
- Hold weights in hands, arms at side, elbows bent, as shown.
- Lift weights up and overhead.
- Return to start position and repeat.

Perform 2 sets of 15 Repetitions, M,W,F.

Use Lbs.

Perform 1 repetition every 4 Seconds.

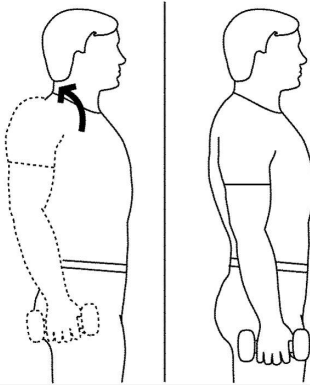
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**DB shoulder rollbacks**



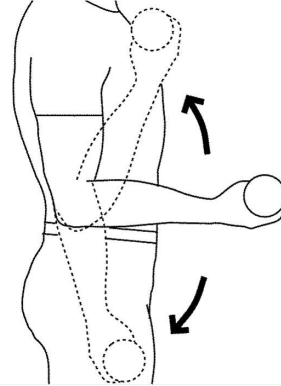
- This also strengthens the upper back.
- Stand or sit, arms at sides, weight in hands.
- Raise shoulders upward towards ears, and roll backwards.
- Return to start position.

Perform 2 sets of 15 Repetitions, M,W,F.

Use Lbs.

Perform 1 repetition every 4 Seconds.

**DB single Biceps curl**



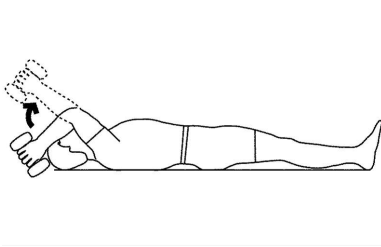
- This prepares the upper arms for using trekking poles.
- Begin with arm at side, sit or stand, elbow straight, palm up, weight in hand.
- Bend elbow upward.
- Return to starting position.

Perform 2 sets of 15 Repetitions, M,W,F.

Use Lbs.

Perform 1 repetition every 4 Seconds.

**DB single Triceps lift supine**



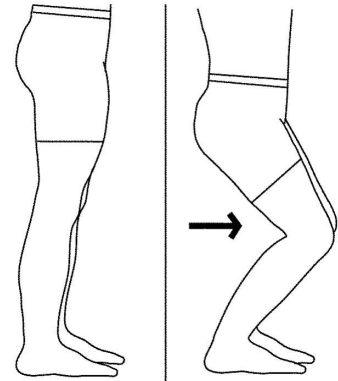
- This also strengthens the upper arms for trekking pole use.
- Lie on back, arm over head, elbow bent and hanging as shown.
- Hold weight in hand.
- Straighten elbow through available range.
- Return to start position.

Perform 2 sets of 15 Repetitions, M,W,F.

Use Lbs.

Perform 1 repetition every 4 Seconds.

**Full double squat**



- This strengthens the upper legs for uphill hiking.
- Stand with feet shoulder distance apart.
- Slowly bend knees to 90 degrees, making sure the knees do not extend beyond the toes.
- Hold for 5 seconds, and return to standing position.
- Repeat.

**Special Instructions:**

Maintain proper low back posture.

Perform 2 sets of 15 Repetitions, M,W,F.

Perform 1 repetition every 4 Seconds.

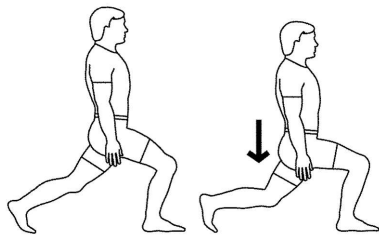
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**Lunge squat**



- This strengthens the upper legs for descent.
- Step forward and bend knees until in a lunge position.
- Slowly bend both knees to lower trunk toward floor.
- Slightly straighten knees to raise up.
- Continue to lower and raise while in lunge position.

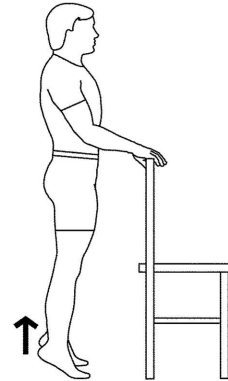
**Special Instructions:**

As with the squat, as you come forward, make sure the knee of the leading leg does not extend beyond the toes.

Perform 2 sets of 15 Repetitions, M,W,F.

Perform 1 repetition every 4 Seconds.

**Double heel raise**

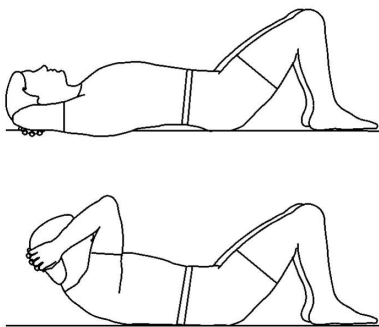


- This prepares the calves for uphill hiking.
- Stand, using chair for balance.
- Raise up on toes, through full range.
- Return to start position and repeat.

Perform 2 sets of 15 Repetitions, M,W,F.

Perform 1 repetition every 4 Seconds.

**Crunch**

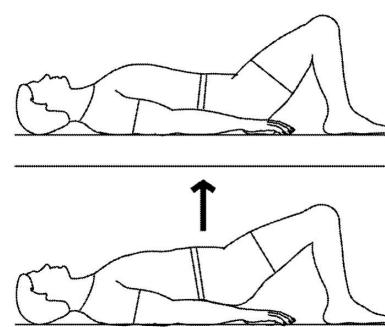


- Crunches promote a solid core, crucial for posture and breathing while carrying a pack or hiking.
- Lie on back with knees bent, and hands clasped behind neck.
- Raise shoulders up until they clear the floor and return to start position for one set.
- For the other two sets,
- Raise left shoulder toward right knee, return to floor.
- Lift right shoulder toward left knee, return to floor.

Perform 2 sets of 20 Repetitions, M,W,F.

Perform 1 repetition every 4 Seconds.

**Bridging**



- Bridging also strengthens the core for carrying a pack, and has the added benefit of strengthening the legs too.
- Lie on back with knees bent.
- Lift buttocks off floor.
- Return to start position.

**Special Instructions:**

Maintain neutral spine.

Perform 2 sets of 20 Repetitions, M,W,F.

Perform 1 repetition every 4 Seconds.