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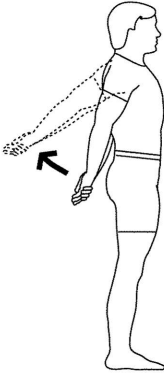
The purpose of the strength phase is to increase the overall level of strength in all of the bodies muscle groups. The strength phase can be done circuit style as well. Do one set of each exercise in succession with no rest between exercises, take a one minute rest, and repeat 2 more circuits.

In the strength phase, your weights should increase to the point where by the 3rd circuit you should have to push to complete the last few repetitions in each exercise.

Cardiorespiratory conditioning should increase to 45 minute sessions Monday, Wednesday and Friday. Intensity can be increased, but you should still aim for an intensity that does not exert you to the point where you have a hard time completing full sentences. You can also increase the pack weight to 20 pounds if you are not utilizing running or jogging as your cardiorespiratory mode of training.

Each weekend, again try to get out and do at least one long hike. During the strength phase, you should be aiming for a hike of 4-6 miles with an elevation gain of 1,500-2,000 feet. Also try to carry extra weight in your pack, up to 20-25 pounds total pack weight for additional resistance.

Chest and Anterior Deltoid Stretch

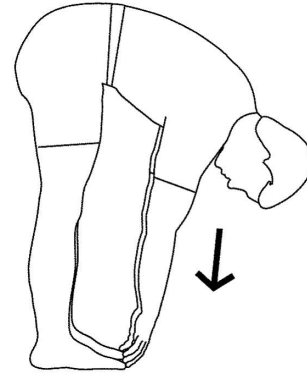


- This is a great upper body stretch for backpackers.
- Clasp hands together behind your back.
- Gently raise your arms until you feel a stretch throughout the chest and shoulder region.

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.

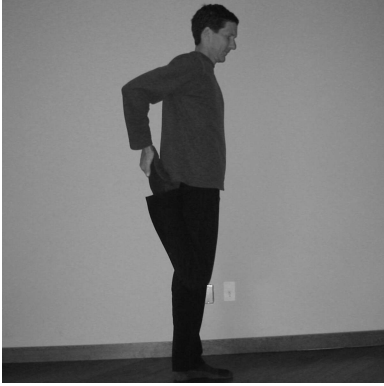
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Standing Quads Stretch



- 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

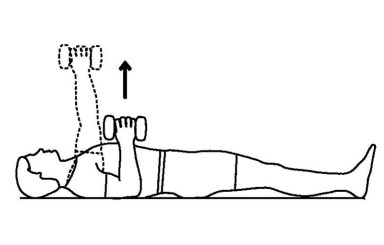


- This stretches the calves, a very common tight muscle in uphill hiking.
- Stand facing wall, hands on wall.
- Step forward with foot of uninvolved leg, leaning hips toward wall.
- Keep rear leg straight with heel on floor.
- Switch legs and repeat.

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

Hold exercise for 20 Seconds.

DB flat press



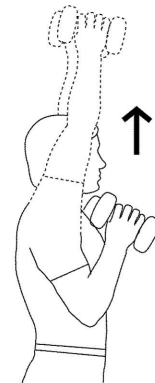
- This strengthens the muscles used in carrying a pack.
- Lie on back.
- Hold weight in hand, arm at side, elbow bent to 90 degrees.
- Lift arm up, straightening elbow.
- Lower arm and repeat.

Perform 3 sets of 10 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 3 sets of 10 Repetitions, M,W,F.

Use Lbs.

Perform 1 repetition every 4 Seconds.

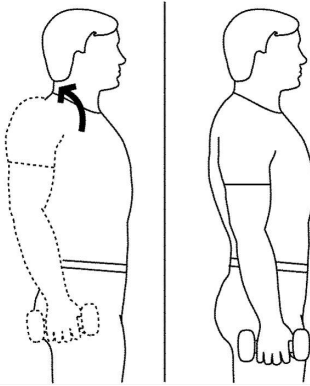
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DB shoulder rollbacks



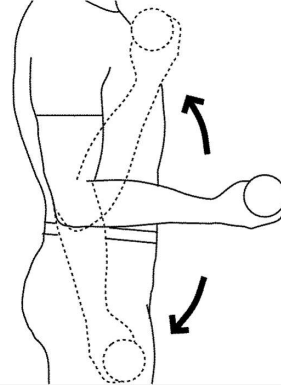
- This also strengthens the upper back.
- Stand or sit, arms at sides, weight in hands.
- Raise shoulders upward towards ears, and roll backwards.
- Return to start position.

Perform 3 sets of 10 Repetitions, M,W,F.

Use Lbs.

Perform 1 repetition every 4 Seconds.

DB single Biceps curl



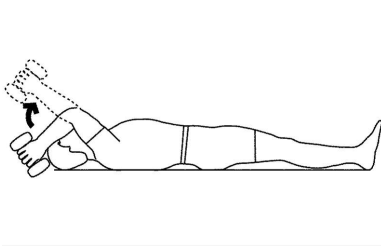
- This prepares the upper arms for using trekking poles.
- Begin with arm at side, sit or stand, elbow straight, palm up, weight in hand.
- Bend elbow upward.
- Return to starting position.

Perform 3 sets of 10 Repetitions, M,W,F.

Use Lbs.

Perform 1 repetition every 4 Seconds.

DB single Triceps lift supine



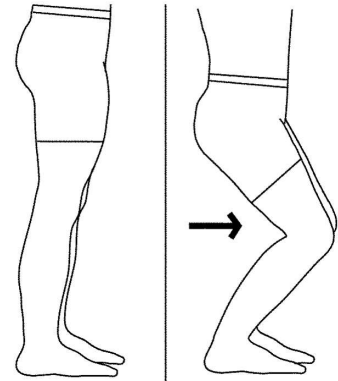
- This also strengthens the upper arms for trekking pole use.
- Lie on back, arm over head, elbow bent and hanging as shown.
- Hold weight in hand.
- Straighten elbow through available range.
- Return to start position.

Perform 3 sets of 10 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 3 sets of 10 Repetitions, M,W,F.

Perform 1 repetition every 4 Seconds.

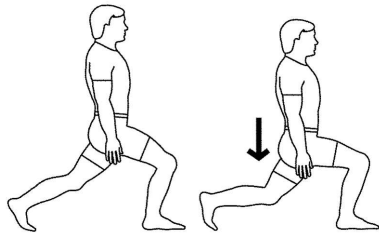
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Lunge squat



- 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.

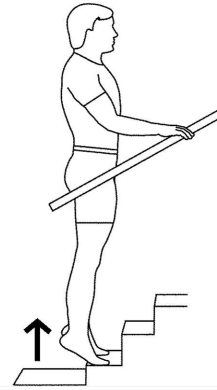
Special Instructions:

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

Perform 3 sets of 10 Repetitions, M,W,F.

Perform 1 repetition every 4 Seconds.

Double heel raise plus

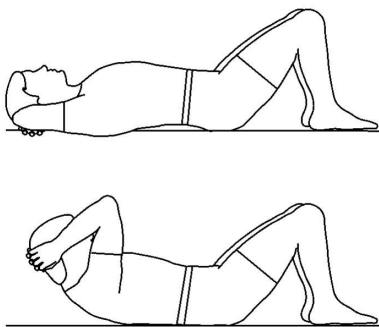


- This prepares the lower legs for uphill hiking.
- Stand on step with both feet, holding on to banister for balance.
- Push up on balls of foot.
- Return to start position and repeat.

Perform 3 sets of 20 Repetitions, M,W,F.

Perform 1 repetition every 4 Seconds.

Crunch

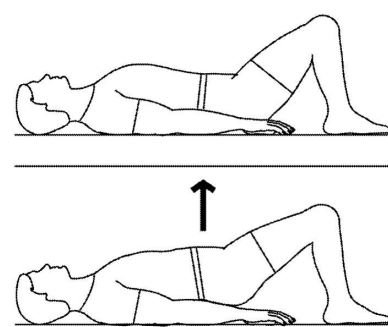


- Crunches promote a solid core, crucial for posture and breathing while carrying a pack or hiking.
- Lie on back with knees bent, and hands clasped behind neck.
- Raise shoulders up until they clear the floor and return to start position for one set.
- For the other two sets,
- Raise left shoulder toward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

Perform 3 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 3 sets of 20 Repetitions, M,W,F.

Perform 1 repetition every 4 Seconds.