

Sample Program: Basic Strength Preparation for hiking/ trekking

The program below is a basic strength based program designed to help someone looking to prepare for a single or multi-day hike or trek. This workout is intended to be done in complement with cardiovascular training designed for preparing the body for hiking as well as flexibility training.

Important:
Before you begin any new exercise program, please check with your doctor! Enlisting the help of a qualified Fitness Professional will ensure you effectively use exercise equipment, correctly monitor exercise intensity and perform movements with proper exercise form and technique.
Don't be shy - Ask questions!

Exercise (Muscles)	Reps/ Sets	Description
Squats (legs)	15-20/1-2	<ul style="list-style-type: none"> Stand with feet hip distance apart Sit back as if you are sitting into an imaginary chair Pause when your knees are at approximately 100° flexion and return to standing Ensure your knees do not travel past your toes Start with body weight only and progress to holding dumbbells or performing with a weighted pack on your back
Push Ups (chest)	15-20/1-2	<ul style="list-style-type: none"> Face down on the ground; place your hands slightly wider than shoulder width apart From your knees (level 1) or toes (level 2), push up to straight arms, lower yourself to 90° at the elbow and return to straight arms Start with Level 1 and progress to Level 2 or add a pack on your back for added intensity
Bent over Row (mid back)	15-20/1-2	<ul style="list-style-type: none"> Hinge over at the hip maintaining a "neutral spine"* and a slight bend at the knees Using dumbbells or your weighted pack, hands hang towards the floor. Bending at the elbow and squeezing the shoulder blades together bring the weights/ pack to your ribs, repeat
Walking Lunges (legs)	15-20/1-2	<ul style="list-style-type: none"> Start in standing with feet hip distance apart Step forward, dropping the back knee towards the floor, pause and then push off the back leg and step forward into the alternate side Ensure the front knee doesn't travel past the toes and stand tall through the movement Start with body weight only, and progress to adding dumbbells or wearing your weighted pack
Wood Chops (arms and core)	15-20 per side/ 1-2	<ul style="list-style-type: none"> Using a dumbbell, Medicine Ball or your weighted Pack, hold your hands straight out in front and slightly down and to the left Pivoting the opposite foot, with control swing the weight up and across to the top right Hold your stomach muscles tight throughout the movement Complete on one side then switch to the alternate side
Single Leg Balance with arm follow (core, balance and ankle stabilizers)	30-60s per leg/ 1-2	<ul style="list-style-type: none"> Stand on a single leg with arms outstretched One arm at a time, move your arm and follow with your head/ gaze, return and switch arms Repeat this on the alternate side, until time is elapsed Repeat on opposite leg
Supermans (low back and core)	15-20 per side/ 1-2	<ul style="list-style-type: none"> Laying on your stomach, extend arms and legs lengthwise Keeping your abdominals engaged, lift the opposite arm and leg slightly off the ground using your low back muscles Switch sides and repeat

*"neutral spine" – the natural curvature of your spine when standing