

# TRAINING

## For Backpacking



# PREPARE FOR YOUR HIKE

WITH THIS PROGRAM



# WELCOME

## TO AMANDA ISAAC COACHING

I am so excited to help you prepare for your hiking adventure! I have put together three programs that can be done together or on alternating days. These programs are designed to target your lower body, your core and your upper body. Being physically prepared for your hike will help you get the most out of your journey and allow you to focus on the surrounding beauty of the mountains.

Perform each circuit 2 - 4 times depending on your current fitness level.

Head over to my site to download your free CORE FOUNDATION program as well as the latest news and updates.

*Amanda Isaac*

Amanda Isaac is a Nurse, certified Personal Trainer, Health and Life Coach.

# WORKOUT



## #1 GOOD MORNINGS

For the bodyweight version of the good morning stand with your feet shoulder-width apart and your hands placed behind your head. Stand upright, brace your core and pull your shoulders back. Take a breath and hinge forwards from your hips, not your waist, allowing a slight bend in your knees but keeping your back flat. Lean forward until you feel a slight stretch in your hamstrings (but don't go beyond horizontal), then, as you exhale, reverse the move to stand up straight.

Repeat 10-15 times



## #2 GLUTE BRIDGES

Lie face up on the floor, with your knees bent and feet flat on the ground. Keep your arms at your side with your palms down. Lift your hips off the ground until your knees, hips and shoulders form a straight line. Squeeze those glutes hard and keep your abs drawn in so you don't overextend your back during the exercise. Hold your bridged position for a couple of seconds before easing back down.

Repeat 15 times



## #3 HIP THRUSTERS

Sit on the ground with a bench behind you, bending your knees so your feet are planted on the ground and holding a weight resting below your hips.

Lean back so your shoulders are on the bench and position the weight above your hips. Drive your hips up lifting the bar. In the top position your knees should be bent at 90° and your shoulders should be near the top of the bench, with your body forming a straight line between them. Pause at the top of the lift and squeeze your glutes, then lower your hips slowly.

Repeat 15 times

# WORKOUT



## #4 KETTLE BELL SWING

Start with the kettlebell on the floor slightly in front of you and between your feet, which should be shoulder-width apart. Bending slightly at the knees but hingeing mainly at the hips, grasp the kettlebell and pull it back between your legs to create momentum. Drive your hips forwards and straighten your back to send the kettlebell up to shoulder height. Let the bell return back between your legs and repeat the move.

Repeat 15 times



## #5 BENT OVER ROWS

Lean forward and bend both knees, remembering to keep a flat back. Extend your arms so they are straight. Lift the dumbbells straight up to chest level, squeezing your shoulder blades together as you do. Be sure to keep your elbows in and pointed upward. Don't arch your back. Slowly lower the weights back to the starting position.

Repeat 15 times



## #6 CALF RAISES

Stand up straight, then push through the balls of your feet and raise your heels until you are standing on your toes. Then lower slowly back to the starting position.

Repeat 15 times

# WORKOUT



## #7 WALL ANGELS

Standing with your back against the wall, bring your arms up against the wall in a "W" formation.

Keep your back pressed against the wall and raise your arms above your head to form a "Y". Keep your elbows and wrists in contact with the wall throughout the movement.

Slowly lower the arms back down and squeeze your shoulder blades together.

Repeat 10 times

# STRETCHING



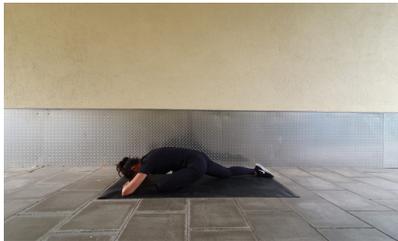
## Chest wall stretch

Hold for 30 seconds and repeat on each side



## Downward dog

If you cannot get your heels to the floor then add a slight bend to the knees to deepen the stretch.



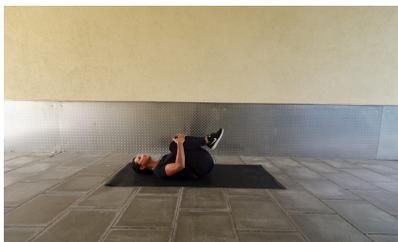
## Pigeon pose

Be sure not to lean to one side. Keep hips square, if needed use a pillow under the hip of your folded leg.



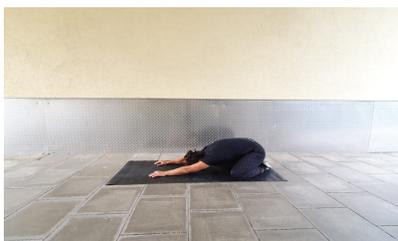
## Standing forward fold

Hinge from the hips, bring your chest to the tops of your thighs.



## Knees to chest

Allow your lower back to relax and stretch in this pose.



## Wide child's pose

As a bonus walk your hands to the left until you feel a stretch on the right side of your body. Repeat on the other side.