

TRAINING

For Hiking



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

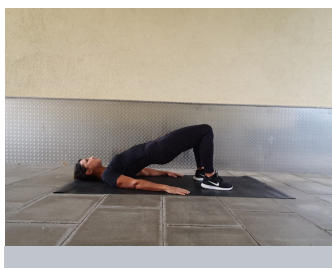
Amanda Isaac is a Nurse, certified Personal Trainer, Health and Life Coach.

PYRAMID WORKOUT

REPEAT THIS
CIRCUIT 2-4 TIMES

10

Glute Bridges

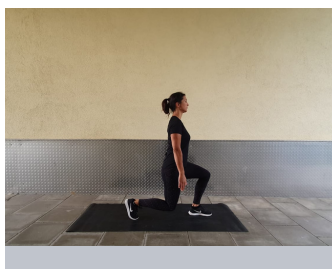


Quick Tip:

Perform slowly and be sure to squeeze your glutes at the top of the movement.

20

Reverse Lunges

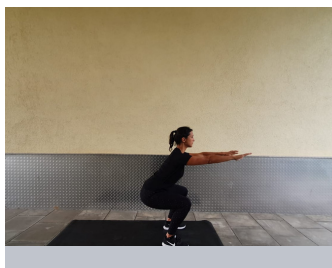


Quick Tip:

Engage your core to help maintain your balance

30

Squats

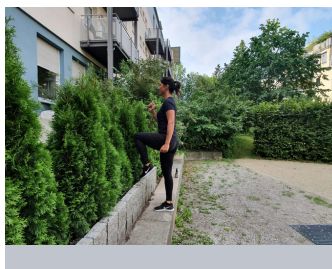


Quick Tip:

Take a deep squat as though you are going to sit down. Do not allow your knees to go beyond your toes.

20

Step ups



Quick Tip:

Stand tall with core active and engaged.

10

Side Lunges



Quick Tip:

Sit deep and do not allow your knees to go beyond your toes.

CORE FOUNDATION WORKOUT



Bird Dog

Be careful to not allow your back to sway. Keep that core tight and engaged.



Dead bug

Ensure that your lower back stays pressed into the floor and your bellybutton is pulled towards the spine throughout.



Side plank with hip dips

Do not sink into your shoulder. Keep your elbow directly under your shoulder.



Supermans

Press your hips and pubic bone into the floor, keep your core active and squeeze your glutes as you lift.

UPPER BODY CIRCUIT



#1 CAT COWS

Begin on all fours, position your knees and feet hip-width apart and your wrists directly under your shoulders. Maintain a neutral spine.

Cat: Gently exhale and contract your abdominal muscles, pushing your spine upwards towards the ceiling and hold this position for 10 seconds. Allow your head to fall towards your chest, maintaining alignment with the spine.

Cow: inhale and slowly relax, let your stomach fall towards the floor (increasing the arch in your low back) and allow your shoulder blades to fall together. Hold this position for 10 seconds before returning to your starting position. Repeat 10 times..

#2 SHOULDER RETRACTIONS

Begin on all fours; position your knees and feet hip-width apart and your wrists directly under your shoulders. Maintain a neutral spine.

Begin by squeezing your shoulder blades together and glide them down your back. Hold for 5-10 seconds and return to neutral.

Repeat 15 times

#3 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

UPPER BODY CIRCUIT



#4 PUSH UPS

Start in plank position, with your hands under but slightly outside of your shoulders.

Lower your body until your chest nearly touches the floor.

As you lower yourself, tuck your elbows, pulling them close to your body so that your upper arms form a 45-degree angle when your torso is in the bottom position of the move. Pause, then push back to the starting position as quickly as possible. Keep your core braced the entire time.

If your hips sag at any point during the exercise, your form has been broken. When this happens, consider that your last repetition and end the set.

Repeat 15 times



#5 PIKE PUSH UPS

Assume a pushup position on the floor. Your arms should be straight and your hands should be shoulder-width apart.

Now lift up your hips so that your body forms an upside down V. Your legs and arms should stay as straight as possible.

Bend your elbows and lower your upper body until the top of your head nearly touches the floor.

Pause, and then push yourself back up until your arms are straight.

Repeat 15 times



#6 PLANK UPS

Start on the floor on your hands and knees. Lower your forearms to the floor with elbows positioned under your shoulders and your hands shoulder-width apart. If someone looked at you from the side, your arms would form a 90-degree angle. Step your feet back, one at a time. Maintain a straight line from heels through the top of your head, looking down at the floor, with gaze slightly in front of your face. Now, tighten your abs and hold for 30 seconds or longer.