

Stay active this season with
THE HOLIDAY FIT2HIKE CHALLENGE!

Beginner workouts 1 & 2: Full-body resistance routine

Two days per week, choose **ONE** workout from the options below & complete 2 to 4 sets of each exercise.

Exercise	Reps	Other notes
Workout 1: Bodyweight squat Glute bridge Single-leg RDL Band overhead press OR modified push-up Inverted row Dead bug Suitcase carry	8 to 10 10 to 15 6 to 10 per leg 8 to 10 OR 10 to 15 8 to 12 8 to 10 per side Carry for 30 feet (up & back counts as one rep); 1 rep each side = 1 set	Can't do a full push-up yet? See this video for helpful push-up progressions Or visit my video on starting with wall push-ups .
Workout 2: Sumo squat Glute bridge Donkey kicks Band overhead press OR modified push-up Inverted row OR dumbbell one-arm row Modified mountain climbers Suitcase carry OR farmer's walk	8 to 10 10 to 15 10 per leg 8 to 12 press OR 10 to 15 push-ups 8 to 10 (8 to 10 <u>per arm</u> if doing one-arm row) 8 to 10 per leg Carry for 30 feet (up & back counts as one rep); 1 rep each side = 1 set	Don't have bands or a suspension trainer for inverted rows? Try a sheet draped over your door (making sure that it's securely fastened), two chairs & a broom , or one of these variations with a towel, tables or doors in your home.
Workout 3: Bodyweight squat Hip thrust Fire hydrants Inverted row Band overhead press OR modified push-up Dead bug Suitcase carry OR farmer's walk	8 to 10 10 to 15 8 to 12 per leg 8 to 10 8 to 10 press <u>OR</u> 10 to 15 push-ups 8 to 10 per side Carry for 30 feet (up & back counts as one rep); 1 rep each side = 1 set	

Beginner Workout 3: Cardio circuit

One day per week, choose & complete **ONE** circuit from the list below for as many rounds as possible in 25 to 30 minutes. Modify exercises such as mountain climbers, high knees, or push-ups as needed.

Exercise	Reps
Circuit 1: Jumping jacks Modified mountain climbers High knees (<i>modified if needed</i>) Push-up Bodyweight squat Flutter kicks Push-up Bodyweight squat	20 20 total (10 each leg) 20 total (10 each leg) 5 10 20 total (10 each leg) 5 10 total (5 each leg)
Circuit 2: Front jacks Stutter step Drop squat (or bodyweight squat) Push-up Drop squat (or bodyweight squat) Push-up Flutter kicks Modified mountain climbers	20 10 each leg 10 5 10 5 20 total (10 each leg) 20 total (10 each leg)
Circuit 3: Jumping jacks Stutter step Drop squat Push-up Flutter kicks Push-up Drop squat Stutter step Jumping jacks	20 20 total (10 each leg) 10 5 10 5 10 20 total (10 each leg) 20
Circuit 4: Walk (or run) up & down your staircase 5 times Rest for 1 to 2 minutes Repeat for 8 to 10 rounds	If you need an extra challenge, you can repeat for 10 to 20 rounds or wear your backpack with at least 10 to 20 pounds of gear to complete the circuits.

BONUS! Outdoor workouts

If you need to burn off some extra steam, give one of these outdoor workouts a try for a 4th session during the week!

Run or jog

- Remember to warm up!
- Find a hill, trail, quiet roadway, or even your own driveway.
- Jog or walk as fast as you can for 30 seconds.
- Rest for 90 seconds by walking back downhill or moving at a normal pace along the trail or roadway.
- Repeat for 6 to 10 rounds.

Snowshoe or XC ski

- Remember to warm-up!
- Choose a local trail, sidewalk, or even your own yard or driveway.
- Snowshoe or ski at your normal pace for 5 minutes.
- Pick up the pace for 30 seconds, giving it your best effort.
- Stop to catch your breath if needed, then move at your normal pace for 2 minutes.
- Repeat the “30 seconds sprint to 2 minute slower pace” pattern for 6 to 10 rounds.

Jumping rope

- Warm up, then head out to your driveway, back patio or sidewalk.
- Complete 50 to 100 skips at one time.
- Rest for 1 to 2 minutes.
- Repeat for 5 to 10 rounds.

Tips if you have no equipment

You can still get in a workout by getting creative with items from around your home.

- No dumbbells for a dumbbell row?
 - You can use a (full) milk jug, laundry detergent, or can of paint.
 - If the grip is too small or uncomfortable, try wrapping a washcloth around the handle.
 - If it's not quite heavy enough, you can increase the reps to increase the challenge.
- No bands or dumbbells for an overhead press?
 - Try an unopened 5-lb bag of flour (or sugar) & increase the reps to 15 to 20 per arm. You can also place the flour in a resealable bag if you're afraid you might drop it.
- No bands for an inverted row?
 - Try folding a top sheet length-wise 2 to 3 times then hanging a sheet over your door. Close the door & make sure that the sheet is fastened securely (i.e. immobile). Do a light test run to be sure that it won't give way.
- No kettlebells or dumbbells for a suitcase or farmer's carry?
 - Use a canvas shopping bag or backpack with books, cans or other items for added weight. Or, you can even use a carry-on suitcase filled with items to add weight.

