

Stay active this season with  
**THE HOLIDAY FIT2HIKE CHALLENGE!**

## Workouts 1 & 2: Full-body resistance routine

Two days per week, choose **ONE** workout from the options listed below & complete 3 to 4 rounds.

Exercise	Reps	Other notes
<b>Workout 1:</b> <a href="#">Bodyweight</a> or <a href="#">goblet squat</a> <a href="#">Glute bridge</a> <a href="#">Fire hydrants</a> <a href="#">Single-leg RDL</a> <a href="#">Inverted row to overhead press</a> <a href="#">Dead bug</a> <a href="#">Waiter carry</a> OR <a href="#">cross-body carry</a> OR <a href="#">suitcase carry</a>	8 to 12 10 to 20 10 to 20 per leg 8 to 12 per leg 8 to 12 10 to 15 per side 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 href="#">a sheet draped over your door</a> (making sure that it's securely fastened), <a href="#">two chairs &amp; a broom</a> , or <a href="#">one of these variations</a> with a towel, tables or doors in your home.
<b>Workout 2:</b> <a href="#">Sumo squat</a> <a href="#">Elevated glute bridge</a> <a href="#">Donkey kicks</a> <a href="#">Lateral lunge</a> <a href="#">Inverted row</a> <a href="#">Shoulder-to-shoulder press</a> OR push-up (any variation) <a href="#">Reverse crunches</a> <a href="#">Waiter carry</a> OR <a href="#">cross-body carry</a> OR <a href="#">suitcase carry</a>	8 to 12 15 to 20 15 to 20 8 to 10 per leg 8 to 12 8 to 12 for press OR 10 to 20 for push-ups 10 to 15 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 <a href="#">this video</a> for helpful push-up progressions  Here is a list of <a href="#">push-up variations</a> if you want variety.
<b>Workout 3:</b> <a href="#">Bodyweight</a> or <a href="#">goblet squat</a> <a href="#">Hip thrust</a> <a href="#">Fire hydrants</a> <a href="#">Single-leg RDL</a> <a href="#">Inverted row</a> <a href="#">Shoulder-to-shoulder press</a> OR push-up (any variation) <a href="#">Dead bug</a> <a href="#">Farmer's walk</a> or <a href="#">suitcase carry</a>	8 to 12 10 to 20 10 to 15 per leg 10 to 15 per leg 8 to 12 8 to 12 press OR 10 to 20 push-ups 10 to 15 per side Carry for 30 feet (up & back counts as one rep); 1 rep each side = 1 set	

## 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 35 minutes.

Exercise	Reps
<b>Circuit 1:</b> Jumping jacks <a href="#">Mountain climbers</a> <a href="#">High knees</a> Push-up (any variation) <a href="#">Jump squat</a> Push-up (any variation) <a href="#">Flutter kicks</a> Push-up (any variation) <a href="#">Plyo lunges</a>	30 20 total (10 each leg) 30 total (15 each leg) 5 10 5 20 total (10 each leg) 5 10 total (5 each leg)
<b>Circuit 2:</b> <a href="#">Front jacks</a> <a href="#">Burpees</a> High knees Push-up (any variation) <a href="#">Frog jumps</a> Push-up (any variation) <a href="#">Reverse crunches</a> Mountain climbers <a href="#">Plyo lunges</a>	30 10 30 (15 each leg) 5 10 5 10 20 total (10 each leg) 10 total (5 each leg)
<b>Circuit 3:</b> Jumping jacks Mountain climbers Jump squat or <a href="#">frog jumps</a> Push-up Reverse crunches Push-up Jump squat or <a href="#">frog jumps</a> Mountain climbers Jumping jacks	30 30 total (15 each leg) 10 5 10 5 10 30 total (15 each leg) 30
<b>Circuit 4:</b> High knees Burpees Flutter kicks Push-up <a href="#">Frog jumps</a> Reverse crunches Burpees	30 total (15 each leg) 10 20 total (10 each leg) 5 10 5 10

<p><b>Circuit 5:</b> Sprint up &amp; down your staircase 5 times</p> <p>Rest for 1 to 2 minutes</p> <p>Repeat for 8 to 10 rounds</p>	<p>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.</p>
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## **BONUS! Outdoor workouts**

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

### *Sprints*

- Find a hill, trail, quiet roadway, or even your own driveway
- Sprint (i.e. give it maximum effort) for 30 seconds
- Rest for 90 seconds
- Repeat for 8 to 10 rounds

### *Snowshoe or XC ski*

- 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 maximal to almost maximal 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 100 skips without stopping.
- Rest for 1 to 2 minutes.
- Repeat for 5 to 10 rounds.

