










SAR HOME EXERCISE PROGRAM

1. Warm-up with stretches and low-intensity cardio.

<p>CALF STRETCH Hold the back leg straight and front leg bend against a support for 20-30 seconds/side.</p>	<p>HIP FLEXOR AND UPPER BACK Start with the split stance and reach towards your heel/overhead for 20-30 seconds/side.</p>	<p>POSTERIOR CHAIN STRETCH Start in a 'push-up position' and walk you feet closer to your hands until stretch is felt, for 20-30 sec.</p>
		

1. Perform 2-3 sets with 30s break between exercises. Increase reps by two in each session. Do 2-4 times/week.
2. Don't do exercises that cause joint pain or do not feel 'right'.
3. Start small and build progressively.

A circuit of exercises, that don't require any special equipment

<p>UPHILL STRENGTH Step/chair reach down (10 reps/side + 2 each time) -Start on the stair/step and reach down until the toes touch the ground</p> 	<p>UPPER BODY STABILITY AND STRENGTH Push-up or T-rotation (10 reps + 2 each time) - Perform a regular push-up, modified or T-rotation (picture: modified on the stairs)</p> 
<p>DOWNHILL STRENGTH 1-leg chair squat (10 reps/side + 2 each time) -Stand on one leg next to a chair and lower slowly to make contact with the chair (or fully sit down) and stand back on one leg.</p> 	<p>CORE STABILITY AND ARM STRENGTH Plank w/ alternating arm reach (10 reps + 2 each time) - Start in a prone plank position (feet wide), perform an alternating arm reach</p> 
<p>LOWER BODY AND LIFTING STRENGTH Bodyweight Squat Slo-mo (10 reps + 2 each time) - Cross your arms in front of chest, slowly lower yourself to a squat (Goal: elbow touch the knees) and faster back up to a standing position</p> 	<p>CORE STABILITY AND ARM STRENGTH Bridge hold (10 sec + 2 sec each time) - Start sitting on the floor with arms behind you, lift up your hips and hold the position</p> 

**Exercises, that you can add resistance to, if you have a dumbbell or a kettlebell.
You can also use a backpack.**

Lunges (10 reps/side + 2 each time)



Goblet squat with a dumbbell (10 reps + 2 each time)



**Dumbbell or kettlebell swing
(10 reps/side + 2 each time)**



1-leg balance reach (10 reps + 2 each time)



Links to articles/exercise programs (includes commercial websites):

Training for hiking <https://www.ptonthenet.com/articles/Training-for-Hiking-2700>

Training for hiking REI, VIDEO <https://www.youtube.com/watch?v=lrESF9eecxk>

More challenging home workouts (rucking and crossfit-style)

<https://blog.goruck.com/rucking-training/4-ways-to-keep-training-during-self-isolation-from-coronavirus/>

Other relevant fitness resources:

Backpacker magazine's fitness tips <https://www.backpacker.com/skills/fitness>

EMS Injury Prevention program <https://www.ems1.com/fitness/articles/an-ems-injury-prevention-training-program-to-get-strong-4J2M1Cg9xPgA2AJ5/>

Fit responder website <https://www.fitresponder.com/>

Outside Magazine Online <https://www.outsideonline.com/2410573/home-workouts>

Mountain Tactical Institute ('Military Fitness') <https://mtntactical.com/knowledge/gym-closure-training-plans/>

Injury prevention for hiking <https://modernconservationist.com/hiking-fitness-preventing-injuries-through-proper-form-and-function/>

Injury prevention (knees) <https://www.summitstrength.com.au/blog/tft11-training-injury-prevention-and-mental-strength-for-hiking>

Nutrition:

Lots of useful information here <https://www.nutrition.gov/topics/basic-nutrition/healthy-eating>