

# SAR LEG CIRCUIT – 4 weeks

1. Warm-up with stretches and low-intensity cardio.
2. Perform ONE set of 20 repetitions of each exercise THREE times a week. Do all the three exercises with minimal rest in between. Add 10 repetitions each week for a total of 4 weeks.

<b>SQUAT x 20</b> Squat down to touch a chair, bench or a rock. Medium to fast tempo. Keep the hands behind the head.	<b>STEP-UP x 20</b> Step up on a stable chair, bench, stair or a rock. Alternate the stepping leg.	<b>WALKING LUNGES x 20</b> Perform a series of forward lunges (or stationary if you don't have space). Keep the hands on the waist.
		

3. Don't do exercises that cause joint pain or do not feel 'right'.
4. If the exercises are not challenging, please add a backpack for additional resistance.

<b>SQUAT x 20 (BACKPACK)</b> Squat down to touch a chair, bench or a rock. Medium to fast tempo. Keep the hands behind the head.	<b>STEP-UP x 20 (BACKPACK)</b> Step up on a stable chair, bench, stair or a rock. Alternate the stepping leg.	<b>WALKING LUNGES x 20 (BACKPACK)</b> Perform a series of forward lunges (or stationary if you don't have space). Keep the hands on the waist.
		

VIDEO LINK TO THE LEG CIRCUIT: <https://vimeo.com/507152528/c5d1e026a2>

## **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://mtnctactical.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>