



## Uphill Athlete No-Gear Strength Workout

### Warm up

#### **2x through:**

**Unweighted walking lunges 20 steps per side.** For extra challenge, walk it backwards as well.

**20 burpees** (pace it, this is not a race)

**30 sec plank hold** 2 or 3 point (no weight) hold.

**30 sec plank hold** 2 or 3 point hold, other side.

**30 sec side plank hold** (no weight). For added challenge lift the upper leg up and extend it.

**30 sec side plank hold other side.**

Complete the circuit **below as many times as you can in 45 minutes**. Pace yourself, it's not a race and you'll definitely be tired from 30-45 minutes! Rest as needed up to 15-30 seconds between exercises. The more fit can move through all these without pause. If you are using this as your general strength workout, it can be progressed by adding more time and/or completing each circuit in less time.

### Workout

**10x/side Lunges** with backpack on or weight (rock, waterjug, your dog, etc). On the return, push explosively back to the standing position.

The Lunge is one of our favorite strength exercises for two reasons, 1) it's one-legged as are uphill sports, and 2) it emphasizes the all-important gluteal muscles. You can vary the muscle group trained by changing your stride length. A shorter step forward involves the quadriceps more, and if you take a longer step you increase the stress on the hamstrings and gluteals while stretching the upper quadriceps and hip flexor of the back leg. Knee should come close to, but not quite touch the floor. You can do this wearing a backpack, holding a weight to your chest, holding a weight above your head, or you can hold a weight in both hands and trace a large circle in the air to incorporate more core (though this variation usually means the legs aren't taxed very much).

**10x strict sit ups.** To make this harder hold a weight to your chest, or, if your neck and upper back muscles are well-trained, hold it the weight on top of your head. The goal is to use enough resistance that you could do 15-20, not that you could do 50+.

**10 strict pushups** with strict form and slow lower with elbows tracking backwards, parallel to your torso.

**10x Goblet or Backpack Squats.** For a Goblet Squat hold a weight of any kind in front of your chest. For a Backpack Squat, put your backpack on backwards, with the weight (sack of the pack) in front of you. Hands rest on the pack. For full squats you want to get low, rear all the way down if you can. Keep your back straight and very! active. Slow lower.

**10x Hindu Push Ups.** Get in a Downward Dog position and do a push-up while keeping your rear-end up and legs straight. Swoop your chest down, almost brushing the floor, and end in a "Cobra Pose", rock back into the Downward Dog position. Elbows track along the torso to stay aligned. The "Super Push-Up" version of this reverses the exact same movement to return to the starting Downward Dog as opposed to simply rocking back up into Down Dog.

You want to make this more difficult? Add more circuits or use your creativity to add another exercise. This workout can be modified in many ways. There is no secret formula behind this series of exercises.