



Outdoor Adventure

Exercises and Workout for the Outdoor Athlete

Outdoor Adventure in Collaboration with the Personal Training Program Staff

1. Split Squats:

On a bench that is about knee height, place one foot on the edge of the bench. Keep other foot on the floor and step out far enough so that your knee will not extend over your toes. Lower your body towards the floor by bending both knees until a 90 degree angle is made with both knees. Make sure that your body is aligned properly with your shoulders square and your foot on the floor pointing straight ahead.

1a. Plie Squats

With legs wide apart, knees tracking over toes, slowly squat down to legs parallel to the floor. Hold for a 2 second count and quickly spring up into a straight leg position. Do not allow the knees to collapse inward or forward and maintain your torso in an upright position.

2. Pushups on Fit Ball:

Place hands on fit ball with wrists facing together. Grab the outer edge of the fit ball and squeeze the ball with your hands to contract your chest. Slowly lower your chest towards the ball and then push back up to the starting position.

3. Pull-ups:

Grab bar with an overhand grip slightly wider than shoulder width apart. Lean back slightly and pinch your shoulder blades together. While maintaining the shoulder blade pinch, pull your body up to the bar until your chin is above the bar. Lower yourself back down to the bottom position while keeping your shoulder blades pinched together and maintaining the same reclined positioned. If pull-ups are too difficult, you can modify them by performing the same movement while having someone hold your feet or by using a Gravitron machine.

3a. Standing Pulldowns

Grab support bar on cable crossover machine and position your feet on the legs of the machine. Slightly lean back, pull handle with one hand and rotate your torso. Focus should be on tightening your stomach muscles while performing this exercise.



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4. Horizontal Rows:

This exercise can be performed seated using a machine or standing in a bent-over position using a barbell or dumbbells. Whether standing or seated, to begin the lift, first pinch your shoulder blades together to provide scapular stabilization. Pull the weight towards your chest focusing on pulling the elbows back as far as possible while keeping shoulder blades pinched. Slowly lower weight back to the beginning position while trying to maintain scapular stabilization. Whether using a machine or free weights, make sure your back is straight and not rounded.

5. Standing Shoulder Press:

This exercise is performed using dumbbells. While standing with a split stance (one foot in front of the other), begin with weights slightly lower than shoulder height. Push weight directly over your head and return to the starting position. While performing the lift, make sure your core is tight to prevent stress on your back by leaning backwards.

5a. Standing Rotation Reach

Performed in the standing position, grab the handle of a cable crossover machine or single pulley, push and then reach across your body. You may also choose to do this movement at different angles.



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6. Bicep Curl:

Perform this exercise standing using dumbbells. Dumbbells are preferred over barbells because each arm can be worked independently. Curl the weight up while keeping your elbow in one position throughout the entire movement. Return the weight to the starting position and repeat.

7. Overhead tricep extension (ice climbing)

This exercise is performed one arm at a time. Using a dumbbell or a pulley, keep an elbow at the side of your head, and without movement at the shoulder joint extend your arm in an upward, forward movement.

7. Calf Raise on Dyna Discs:

Using two dyna discs, one for each foot, perform calf raises by pushing up on your toes so that your heels come off the disc. This exercise requires a lot of balance, so you may want to do this exercise near a wall or table, so you can put your hand out to catch yourself. Exercise can also be modified to standing flat on the ground or using a step to drop your foot off.

8. Wrist Curls:

This exercise will develop strength in your forearms and help with grip strength. Place your forearm on a bench with your hand hanging over the edge of the bench. Hold a dumbbell in your hand; curl your hand up as far as possible while leaving your forearm in contact with the bench.

8a. Wrist Rotation Using NRG Ball:

This exercise will develop strength in your forearms and can be modified from 7.5 to 9.5 pounds. Grab the handle of the NRG ball and rotate your hand from up to the ceiling and down to the ground.



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Core Exercises:

9. Lateral Weight Shift:

Using a pulley, shift your weight back and forth from right to left leg. Focus should be on keeping the weight close to your body and on keeping your stomach muscles slightly contracted.

10. Hanging Leg Raises:

Grab an overhead bar, with the bar being ideally high enough so that your feet do not touch the floor. While holding on to the bar, raise both legs up together making a 90 degree bend at your hips and knees. Bring your legs up high enough so that the top of your thighs are parallel with the floor. Try to eliminate any swinging movements by performing this exercise slowly.

10a. Plank:

Begin with only your forearms and toes on the floor. Make sure your elbows are directly beneath your shoulders. Maintain a straight, flat surface from your shoulders down to your feet. Hold this position for upwards of a minute while maintaining proper form. Proper form also consists of keeping your belly button drawn in to help protect your lower back.

11. Side Plank:

Begin by lying on your side with head, shoulders, hips and feet in a straight line. Lift your hips off of the ground by pressing your elbow into the floor. Be sure to keep your shoulder in a retracted position and maintain the straight line from head to feet.



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12. Opposite Arm/ Opposite Leg Raise:

This exercise is performed on all fours. Make sure that your hands are directly beneath your shoulders and your knees are directly beneath your hips. While keeping your back completely flat and not rotating at the hips, raise one arm and the opposite leg until both are parallel with the floor. If you can not get your leg and arm this high without compromising your form, then only lift your arm and opposite leg as high as your form will allow.

13. Russian Twist w/ Med Ball:

This exercise focuses on your obliques. Start in a seated position with knees bent and both feet flat on the floor. Lean back slightly with your upper body, but not too far because you want to maintain this reclined position throughout the entire exercise. While holding a medicine ball with arms fully extended, twist from side to side touching the ball to the floor with each twist. Make sure you are twisting as far as possible, almost as if you were trying to put the ball behind your back. If this exercise becomes too difficult, then you can bend your arms and hold the weight in closer to your body.



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Workout:

Split-Squats: 3 sets x 15 reps/leg

Pushups on Fit ball: 3 x 15

Pull-ups: 3 x 15

Horizontal Rows: 3 x 15

Standing Shoulder Press: 3 x 15

Bicep Curl (ice climbing): 3 x 15

Tricep Extension (ice climbing): 3 x 15

Calf Raise on Dyna Disc: 3 x 15

Wrist Curls: 3 x 15

Weight Shift: 3 x 15/side

Plank: 3 x 30-60 sec

Opp Arm/ Opp Leg Raise: 3 x 8/side

Russian Twist w/ Med Ball: 3 x 10/side