

## Suggested Workout for Backpacking or Mountaineering

Generally, a well-rounded fitness routine consists of:

- **Daily (Monday-Sunday) Stretching Routine**
  - Click [HERE](#) for some yoga routines.
- **Daily (Monday-Sunday) Sleep Routine**
  - Click [HERE](#) to checkout Dr. Huberman's Toolkit for Sleep.
- **Daily (Monday-Sunday) Mindset Practice**
  - Click [HERE](#) for an example of a daily mindset routine.
- **Daily (Monday-Sunday) Balanced Nutrition**
  - Everyone's nutrition plan should be a little different, depending on dietary needs or preferences. The key is to get the proper nutrients to fuel your lifestyle and activities.
  - Click [HERE](#) for a general guideline for creating a Healthy Eating Plate.
- **3 Days (Monday, Wednesday, Friday) Cardio Conditioning**
  - See Suggested Workout for Backpacking or Mountaineering
    - Steve House's Beginner Mountaineering
    - Incorporate 20-30 minutes of cardio 2-3 times a week. That could be a running, brisk walking, biking, rowing, etc.
    - Click [HERE](#) for an example of a 30-day running routine.
- **3 Days (Tuesday, Thursday, Saturday) General Strength Exercise**
  - See Suggested Workout for Backpacking or Mountaineering
    - Steve House's Beginner Mountaineering
- **One or more active recovery days (Sunday and as needed)**
  - That can include movement, like walking/jogging, strength and/or yoga, which helps give your body an appropriate level of rest and recovery, and helps you avoid DOMS while maintaining mobility.
  - Click [HERE](#) for an example of an active recovery routine.
- *The below workout plan is just a suggestion to set you up for success during your WBO program. Please check with your doctor or medical provider before starting any workout plan. When participating in any exercise, there is a possibility of physical injury. Choosing to engage in this program is at your own risk. Please research proper form prior to working out. If the activity seems too rigorous for you, take a break and/or reduce intensity by decreasing weights or modifying movements.*

**Required Materials:**

- Pull-up Bar
- Stairs or Box to step on.

*If you don't have access to a set of dumbbells or barbell weights, you can modify these exercises, you can use these things:*

- Milk jug with a handle filled with water or sand
- Canned goods that fit in your hands
- Plastic water bottles filled with sand or stones
- Packets of rice and beans
- Paint cans
- Books
- Ankle weights
- Exercise Bands
- Bags of apples or onions
- Large bottle of Laundry Detergent

**Sample Workout: Steve House's Beginner Mountaineering**

**Monday, and Friday for four weeks:**

**Cardio Conditioning:**

Cardio with assistance from a machine or on your own. This can be accomplished by rowing, running, walking up and down stairs, a stair machine, treadmill, jumping jacks, jump rope, hiking, jogging, or a mixture of all of the above! This cardio should be in Zone 2. This means you should be working, but able to keep a conversation going while working out, not absolutely broken. Take breaks when necessary, but walk around while drinking water and breathing. The goal of this is to get your heart rate elevated and keep it elevated!

1. 15-minute Warm-Up
2. 30-minute Exercise duration.
3. 15-Minute Cool-Down.

### **Wednesday for four weeks:**

#### **Cardio Conditioning:**

Cardio with assistance from a machine or on your own. This can be accomplished by rowing, running, walking up and down stairs, a stair machine, treadmill, jumping jacks, jump rope, hiking, jogging, or a mixture of all of the above! This cardio should be in Zone 2 and Zone 3. This means you should be working harder, able to keep conversations going between moments of intensity. You should have a good sweat going by the end of the work out. Take breaks when necessary, but walk around while drinking water and breathing. The goal of this is to get your heart rate elevated and keep it elevated!

1. 15-minute Warm-Up
2. 50-minute Exercise duration.
3. 20-Minute Cool-Down.

### **Tuesday, Thursday and Saturday for four weeks:**

#### **General Strength:**

Strength Training with Weights, with 15 second rests in-between exercises. Start with 10 reps for each exercise, then 8, 7, 6, and 5. This will bring you to 5 sets total, take a 2-minute rest in-between sets. (You can adjust set and rep count accordingly if it feels too strenuous or easy.)

1. Turkish Get Up (View [Here](#))
2. Split Bench Squat. (weight in hands or in backpack) (View [Here](#))
3. Push-ups
4. Box-step ups (weight in hands or in backpack) (View [Here](#))
5. Pull-ups (If you are unable to do a pull-up, that's okay! You can substitute this with many things, push-ups, chin-ups, kip swings or dumbbell pull overs.)
6. Goblet Squat (View [here](#))
7. Dips (box or regular)
8. Hanging Leg Raise. Knees to chest or legs straight.

### **Core Strength:**

Core routine with body weight. This routine should be gone through twice in full, each exercise done for 45 seconds to a minute. Take a 30 second rest in-between exercises. Take a two-minute break between sets.

Video demonstration of all the exercises in this list, view [Here](#).

1. Strict Sit ups
2. Bird Dog
3. Windshield Wipers
4. Plank
5. Kayakers
6. Hanging Leg Raises
7. Bridges
8. Gymnast L-sit
9. Side Plank

### **Saturday and Sunday for four weeks:**

#### **Rest Days**

These days should be restful, allowing your body to recover after working out. This is what will actually make you gain the muscle. You're welcome to climb, bike, and do what you want in your free time, just try to carve out some time to let your body rest.