



TRAIL BODY

*10+ tips to help get YOUR body
ready for the trail!*



*Unlike a "beach body",
a trail body is MUCH
more than an
aesthetic endeavor.*



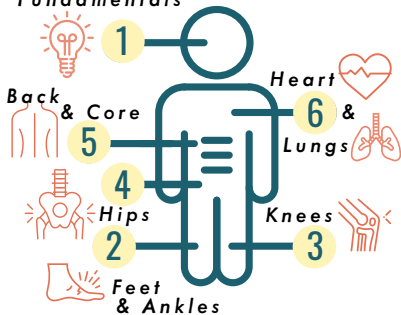
hike734.com/hike-ability



CONTENTS

WHAT'S IN THIS GUIDE

Trail Body Fundamentals



1

Trail Body Fundamentals

Q: What's the best way for me to get in shape for hiking?




The number one thing you can do is **BE CONSISTENT** with training. It doesn't need to be complicated or time consuming. And regardless of your age and hiking goals, your training should include: **CARDIO, STRENGTH, STABILITY, & MOBILITY** exercises.

These elements are key to achieving your **FULL HIKING POTENTIAL** and the secret to **MINIMIZING DISCOMFORT & INJURY** on the trail.

Seemingly simple activities like walking or hiking can reinforce troublesome issues that you might not even be aware of (like muscle imbalances, improper movement patterns, or limited mobility) – resulting in pain and increased risk of injury. Focused and consistent training can address and potentially **CORRECT** nagging issues (like **KNEE PAIN**), or **PREVENT** them from arising in the future!

Don't wait until you feel pain or get injured to start building a more resilient trail body!





*Think of training as the
necessary journey to the
trailhead of your
favorite hike.*



1

Trail Body Fundamentals(continued)



CARDIO TRAINING

Establishing and then building your aerobic fitness will not only improve your overall health, but will also increase your heart and lung capacity—boosting your performance during endurance activities like hiking.

Often, most people tend to engage primarily in higher-intensity training sessions (thinking they'll get more "bang for their buck"), however you may be surprised to know that exercising at a lower-intensity (aerobic zone training) can actually be more beneficial, safer, and perhaps more enjoyable while still providing desirable fitness gains.



PRO TIPS:

- When training specifically for hiking, the majority of your cardio workouts should be performed in your **AEROBIC ZONE**.
- A heart rate monitor (HRM) is a great tool to monitor and gauge the intensity of your workout. Without a HRM you could unknowingly under- or over-train, both of which can hinder progress.





***Don't wait until you feel
pain or get injured to
start building a more
resilient body!***



hike734.com/hike-ability



1

Trail Body Fundamentals(continued)



STRENGTH & STABILITY TRAINING

Your leg muscles are the main powerhouse of hiking, so it makes sense to incorporate lower body training into your workouts. But, the importance and benefits of total body strength training extends beyond the obvious advantage of MORE POWER and STAMINA on the trail.

BENEFITS OF STRENGTH & STABILITY TRAINING:

- Corrects muscle imbalances, weakness & asymmetries that can lead to pain and/or injury
- Improves balance, posture, and movement patterns
- Strong muscles cushion & PROTECT YOUR JOINTS

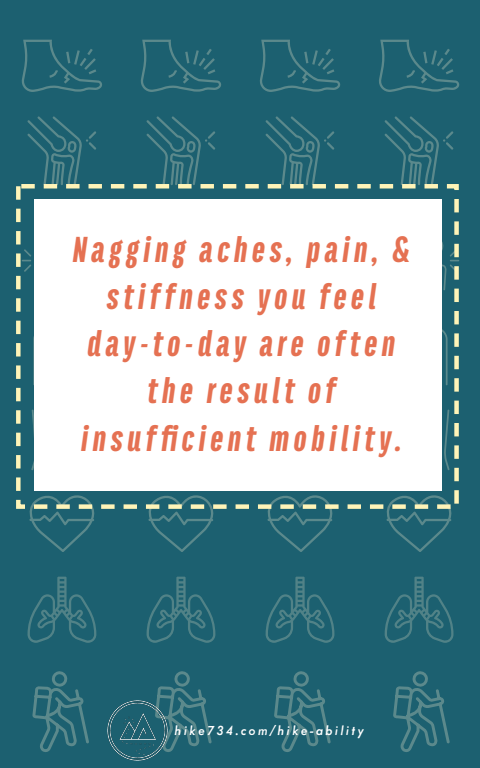


PRO TIP:

Hikers should focus on:

- First, restoring proper muscle activation & engagement (especially the glutes “butt muscles” and core).
- Then, progress to developing strength & endurance in the muscles of the lower body, upper back (including small stabilizing muscles), and the core.





***Nagging aches, pain, &
stiffness you feel
day-to-day are often
the result of
insufficient mobility.***



1

Trail Body Fundamentals(continued)



MOBILITY TRAINING

Mobility training is essentially “**joint training**” to keep your joints healthy and moving in the way they were intended. Mobility plays a significant role in how your body feels and how it responds to movement and exercise.

When joints are able to move freely, and through their optimal range-of-motion there is less “wear & tear” action. Being mobile allows for proper, efficient, and PAIN-FREE MOVEMENTS (on and off the trail), and REDUCES THE RISK OF INJURY.

**DON'T ACCEPT LACK OF
MOBILITY AS A “NORMAL”
PART OF AGING**

Any body can increase their mobility!



PRO TIP:

Establish a daily mobility routine. I recommend a few minutes first thing in the morning to work out the aches and stiffness that results from laying in bed for several hours. Feeling more mobile is a great way to start the day!



2

Trail Body: Feet & Ankles



FEET & ANKLES

Caring for your feet and ankles goes beyond investing in appropriate footwear for the trail.

Your feet provide **STABILITY** for balance; while you rely on ankle **MOBILITY** for agility as well as balance.

Navigating uneven terrain when hiking requires good balance and brain-muscle coordination to prevent falls and fall-related injuries.

 **PRO TIP:**

Balance and coordination tend to decline with age. But the good news is, it can be improved. It's easy to incorporate balance training into your day-to-day and your fitness routine.

Start today, by simply adding a "balance challenge" to everyday tasks (like brushing your teeth or washing the dishes on one leg, then increase the challenge by closing your eyes).





***Don't let pain or fear of
injury hold you back
from doing the things
you enjoy.***



hike734.com/hike-ability



3

Trail Body: Knees



KNEES

"Trailproof" your knees by strengthening the muscles above and below the knee joint.

Muscles PROTECT YOUR JOINTS by controlling and facilitating proper movement patterns and PROVIDING CUSHION during impact.

Hiking places loading force on the knee joints, but that doesn't mean that you have to suffer with knee pain.

DO YOU EXPERIENCE KNEE PAIN WHILE HIKING?



PRO TIP:

The gluteus medius muscle (located on the outside of your buttock/hip region) serves an important role in controlling how the knee tracks during movement. If this muscle is weak, the knee tends to cave inward, and KNEE PAIN when hiking or exercising is commonly a result. STRENGTHENING this muscle can help CORRECT this troublesome issue, and the associated knee discomfort often resolves.

Even if you don't suffer with knee pain, strengthening the gluteus medius muscle is a great preventative measure.



3 Trail Body: Knees (Continued)



KNEES

PRO TIP:


An effective strengthening/activating exercises for the glute med is the “Clamshell”.

Clamshell Exercise:

Lie on your left side with your knees bent and hips stacked. With your right hand place your thumb on the bony part of the front of your hip. Wrap your fingers around the hip towards the outer butt (the area under your fingers is the muscle you want to feel working during this exercise). With a slow and controlled movement, open your knees into a “clamshell” position. Then, with control, lower to the starting position. Repeat on the other side.

Advanced option: Place a mini-band around your thighs for added resistance.





***You can train for an
active lifestyle &
combat the “effects of
aging” by restoring
better movement.***



4

Trail Body: Hips



HIPS

MOBILITY training makes for happy and healthy trail hips. Those tight, stiff, or sticky hips that bother you day-to-day will still be there then when you hit the trail if you don't work to correct it.

The reason most people feel "stiff and stuck" is because they stop moving their joints through their full range of motion. Restoring optimal range will encourage proper, efficient, and pain-free movements (on and off the trail), and will reduce the risk of injury.

 PRO TIPS:

- Mobility training is an accessible and beneficial form of exercise for everyone and at any age. Whether you're in your 30s or 80s, it's essential to keeping your joints happy and healthy.
- Add dynamic mobility exercises to your warm-up routine prior to work outs.
- Be CONSISTENT!





***It is within your control
to improve how your
body feels and moves.***



hike734.com/hike-ability



5

Trail Body: Back & Core



BACK & CORE



Adding weight or resistance to any movement, increases the demand on the muscles and joints. In order for your spine and hips to properly support the load of your hiking backpack, you'll need good posture and core STABILITY. Your core muscles also assist with balance on the trail.

Poor posture is often the result of weak and/or tight muscles.

DO YOU EXPERIENCE BACK PAIN WHILE HIKING?



PRO TIPS:

- Make sure your backpack fits YOU properly. The majority of your pack weight should rest on your hips, NOT on your back or shoulders.
- STRENGTHEN your core muscles and the small, but very important stabilizing muscles of your upper back. You rely on these muscles to keep you upright in good posture.
- STRENGTHEN your glute muscles. If your glutes are weak, your low back will try to compensate.





***A year from now you can
be older, fitter, and more
capable... or just older;
you get to decide!***



hike734.com/hike-ability



6

Trail Body: Heart & Lungs



HEART & LUNGS



Hiking is predominately an ENDURANCE activity, and that's why AEROBIC ZONE TRAINING is so beneficial for hikers. Aerobic zone training is intended to increase your ability to perform steady-state, low-to-moderate activity for long periods of time (endurance).

BENEFITS OF AEROBIC TRAINING:

- Ability to hike more; and have it be easier, safer, and more enjoyable
- Go further and/or faster before fatigue sets in
- Burn body fat as the primary energy source
- Less stress on your body (compared to training at higher intensities)
- Allows for faster recovery

 PRO TIP:

Building aerobic fitness is a slow and gradual process, but oh so worth it! Once you've established a sufficient aerobic base, you can add higher intensity intervals to your training to further boost your aerobic performance.



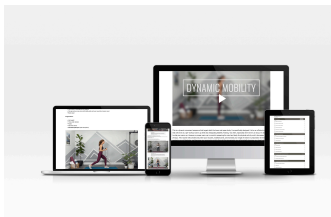


***Your body is the MOST
important piece of
hiking "gear" you can
invest in!***



Want the *ULTIMATE* Trail Body?

Enroll in the *HIKE-ABILITY* Training Program



HIKE-ABILITY is a training program for hikers who want to be confidently prepared and fit for the trail. **Adventure awaits... be ready for it!**

Visit hike734.com/hike-ability to learn more and view the complete program details.

Blog

Visit my blog for more fitness related articles.
hike734.com/category/fitness



hike734.com/hike-ability

DISCLAIMER

All information, content, and material (including associated text, videos, emails, blogs, hike734.com, and hike-ability.com website) is provided in good faith and is for informational and educational purposes only. It is not intended to serve as a substitute for the consultation, diagnosis, and/or medical treatment of a qualified physician or healthcare provider. All exercise has inherent risks including injury, stroke, heart attack and death. Before beginning any exercise program or fitness regimen, consult your health care provider.

All content is subject to copyright protection. Each purchase (including digital products, ebooks, pdf downloads, resource materials, and videos) are authorized to a single user only. Customers are not allowed to copy, distribute, share and/or transfer any content.



hike734.com/hike-ability