



# ARE YOU READY?

Couch to deer camp includes simple stretching and strengthening activities you can do three times a week, to help you get ready for opening day. Add new stretching and strengthening activities each week.

## CARDIO

Visit [marshfieldclinic.org/couch2deercamp](http://marshfieldclinic.org/couch2deercamp) to learn more.



ACTIVITY: WALKING

### DAILY

Start walking, 30 minutes a day. Acclimate for cool weather by walking early mornings or evenings.



ACTIVITY: HIGH KNEES

### MONDAY, WEDNESDAY AND FRIDAY

- Use a basic jogging form, bringing your knees up higher than normal, ideally above your waistline.
- Keep your feet moving with your head and shoulders forward.
- Walk, skip or run for two to three minutes.



ACTIVITY: BUTT KICKERS

### MONDAY, WEDNESDAY AND FRIDAY

- Keep your thighs perpendicular to the ground while kicking your heels up to your backside.
- Keep moving with knees, hips and shoulders in alignment.
- Do for one minute.

*\*Couch to deer camp provides health information and is not intended as medical advice. Talk with your doctor prior to beginning a program of regular physical activity.*



# LOWER BODY

Visit [marshfieldclinic.org/couch2deercamp](http://marshfieldclinic.org/couch2deercamp) to learn more.



ACTIVITY: **CLIMBING**

## WEEKLY

Practice safely climbing up and down a ladder or your deer stand.



STRETCHING: **CALVES**

## TUESDAY, THURSDAY AND SATURDAY

- Stand at arm's length from a wall, sturdy furniture or exercise equipment with one foot placed back.
- Slowly bend forward keeping the back leg straight and the heel down.
- Do three - holding each for 30 seconds; then alternate legs.



STRETCHING: **QUADS**

## TUESDAY, THURSDAY AND SATURDAY

- Use a staircase or chair to keep your balance.
- Bring your foot up behind your knee to feel a gentle stretch.
- Do three repetitions and hold each for 30 seconds.



STRETCHING: **HAMSTRINGS**

## TUESDAY, THURSDAY AND SATURDAY

- Lie on the floor on the corner of a hallway or door.
- Raise one leg and rest the heel against the wall or door frame while keeping the left knee slightly bent.
- Gently stretch the muscle on the back of the raised leg until you feel a stretch along the back of your thigh.
- Do three repetitions with each leg for 30 seconds each.



STRENGTHENING: **WALL SQUATS**

## TUESDAY, THURSDAY AND SATURDAY

- Lean against a sturdy wall or door.
- Ease into a sitting position with your feet about two feet from the wall.
- Begin with five repetitions and work to 25. Hold each for five seconds.
- Work up to 10-20 seconds each to build your endurance.





# UPPER BODY

Visit [marshfieldclinic.org/couch2deercamp](http://marshfieldclinic.org/couch2deercamp) to learn more.



**ACTIVITY: LIFTING & BENDING**

## WEEKLY

Lift and bend while cutting and stacking firewood.



**STRETCHING: SHOULDERS**

## TUESDAY, THURSDAY AND SATURDAY

- Place one elbow at shoulder height while standing at the corner of a wall or doorway.
- Extend forward the leg opposite your raised arm.
- Move forward a bit leaving your arm in position on the wall or doorway.
- Do not turn into the wall or doorway or bounce.
- Do three times and hold for 30 seconds each.



**STRENGTHENING: PUSHUPS**

## TUESDAY, THURSDAY AND SATURDAY

- Get down on the ground with arms and legs extended.
- Raise and hold your body off the ground at a 45-degree angle.
- Keep your hands shoulder-width apart.
- Keep your hips from sagging or being too high.
- Lower yourself down and up while keeping your form straight.
- Start with as many as you can do while keeping your form correct.
- Build up to a maximum of 25 reps.



**STRENGTHENING: CRUNCHES**

## TUESDAY, THURSDAY AND SATURDAY

- Lie on the floor with knees bent and hands behind your head.
- Pull your belly button toward your spine, flatten your back to the floor.
- Slowly contract your abdominals, bring your shoulders about two inches off the floor.
- Exhale, keeping neck and shoulders straight as you come up, then slowly lower back down.
- Start with five, working up to 25.



**STRENGTHENING: SUPERMANS**

## TUESDAY, THURSDAY AND SATURDAY

- Lie on your stomach with your arms forward.
- Raise your arms and legs from the floor at the same time and hold for 3-5 seconds.
- Perform 10-15 repetitions.



# WEEKLY ACTIVITY LOG

**You can do this.** Use this activity log to track your progress. Check the days you did the activity. Note how you feel and any improvements you experience. Visit [marshfieldclinic.org/couch2deercamp](http://marshfieldclinic.org/couch2deercamp) to learn more.

## CARDIO

	S	M	T	W	T	F	S	Notes
Walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
High Knees	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Butt Kickers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

## ADD LOWER BODY with cardio

	S	M	T	W	T	F	S	Notes
Walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
High Knees	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Butt Kickers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

	S	M	T	W	T	F	S	Notes
Climbing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Calves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Quads	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Hamstrings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Wall Squats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

## ADD UPPER BODY with cardio and lower body

	S	M	T	W	T	F	S	Notes
Walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
High Knees	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Butt Kickers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

	S	M	T	W	T	F	S	Notes
Climbing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Calves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Quads	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Hamstrings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Wall Squats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

	S	M	T	W	T	F	S	Notes
Lifting & Bending	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Shoulders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Pushups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Crunches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Supermans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

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