

# **ARE YOU READY?**

These hunting workouts include 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.

### **WEEK ONE: CARDIO**



#### **DAILY**

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



#### 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 upright.
- Walk, skip or run for two to three minutes.



### 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.

\*Marshfield Clinic Health System provides health information and is not intended as medical advice. Talk with your doctor prior to beginning a program of regular physical activity.







### **WEEK TWO: ADD LOWER BODY**



#### WEEKLY

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



#### 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.



#### TUESDAY, THURSDAY AND SATURDAY

- Use a staircase or sturdy furniture 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.



#### 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 opposite 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.



#### 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.







## **WEEK THREE: ADD UPPER BODY**



#### WEEKLY

Lift and bend while cutting and stacking firewood.



#### TUESDAY, THURSDAY AND SATURDAY

- Place each elbow at or slightly below shoulder height while standing at the corner of a wall or doorway.
- Lean your upper body forward toward the corner or doorway.
- Do not turn into the wall or doorway or bounce.
- Do three times and hold for 30 seconds each.



#### 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 and your stomach muscles tight. Build up to a maximum of 25 reps.



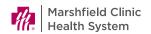
#### TUESDAY, THURSDAY AND SATURDAY

- 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.



- 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.

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WEEK ONE: CARDIO		
Walking	S M T W T F	s Notes
High Knees		
Butt Kickers		
WEEK TW	O: LOWER E	BODY with cardio
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Walking		Notes
High Knees		
Butt Kickers		
	S M T W T F	
Climbing		Notes
Calves		
Quads		
Hamstrings		
Wall Squats		
WEEK THE	REE: UPPER	BODY with cardio and lower body
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Walking		Notes
High Knees		
Butt Kickers		
	S M T W T F	
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Quads		
Hamstrings		
Wall Squats		
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Lifting & Bending		Notes
Shoulders		
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