



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



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 upright.
- 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.

**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



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 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.



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 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.



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.



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.



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.

WEEK ONE: CARDIO

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

WEEK TWO: LOWER BODY with cardio

	S	M	T	W	T	F	S	
Walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Notes _____
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	
Climbing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Notes _____
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"/>	_____

WEEK THREE: UPPER BODY with cardio and lower body

	S	M	T	W	T	F	S	
Walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Notes _____
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	
Climbing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Notes _____
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	
Lifting & Bending	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Notes _____
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"/>	_____

