

# GRAND CANYON RAFTING FITNESS PROGRAM

Get ready for your upcoming trip! The following exercise program is comprised of 4 different components. It is designed to prepare your body so that you can have the best experience possible. This program will take four weeks but you are encouraged to do it multiple times. The more you put into it, the more you get out of it!

*Consult your physician prior to beginning this program to make sure you are healthy enough for strength and cardiovascular exercise! Complete this program at your own risk.*



## 1 Daily Mobility Exercises

Daily mobility exercises are exactly that.. daily! These exercises will take you roughly 5-8 minutes to complete, and the more often you do them, the more likely it is that your body will adapt and you will experience the benefits! Move slowly and try to feel a light stretch in the target area. If any of these exercises are painful, simply reduce the range of motion.

## 2 Movement Preparation

The goal of these exercises is NOT to make you tired and sore (though some fatigue and soreness in the beginning is to be expected). Rather, think of these exercises as “movement practice.” Complete three small practice sessions spaced throughout the day (each session will last roughly 5 minutes). This will give you the opportunity to build strength, skill, and efficiency in these exercises without getting overly fatigued.

## 3 Farmers Carry

This is an important exercise! It will improve your grip strength as well as your balance and core strength. Aim to complete this exercise once daily if possible, even on rest days!

## 4 Light Aerobic Exercise

Light aerobic training will be helpful, both for recovery between practice sessions and building your aerobic engine for the upcoming trip. 30-60 minutes per day of easy walking is recommended.



## Recommended Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	-Daily Mobility Exercises -Program A	-Daily Mobility Exercises -Program B	-Daily Mobility Exercises	-Daily Mobility Exercises -Program A	-Daily Mobility Exercises -Program B	-Active Rest	-Active Rest
Lunch	-Program A	-Program B	-Active Rest	-Program A	-Program B	-Active Rest	-Active Rest
Evening	-Program A -Farmers Carry	-Program B -Farmers Carry	-Active Rest	-Program A -Farmers Carry	-Program B -Farmers Carry	-Active Rest	-Active Rest
Anytime	- 30-60 min. Light Aerobic Exercise	-30-60 min. Light Aerobic Exercise	-30-60 min. Light Aerobic Exercise	-30-60 min. Light Aerobic Exercise	-30-60 min. Light Aerobic Exercise	-Active Rest	-Active Rest

Program A	Week 1	Week 2	Week 3	Week 4
Sit to Stand	10 repetitions	10 repetitions	12 repetitions	15 repetitions
Push-ups	10 repetitions	10 repetitions	12 repetitions	15 repetitions
Alternating Superman	6 repetitions/side	6 repetitions/side	8 repetitions/side	10 repetitions/side
Program B	Week 1	Week 2	Week 3	Week 4
High Step to Lateral Lunge	5 repetitions/side	5 repetitions/side	6 repetitions/side	8 repetitions/side
Sit up w/ reach	5 repetitions/side	5 repetitions/side	6 repetitions/side	8 repetitions/side
Plank	30 second hold	30 second hold	45 second hold	60 second hold
Farmers Carry	Week 1	Week 2	Week 3	Week 4
High Step Farmers Carry	60 seconds/side	60 seconds/side	90 seconds/side	120 seconds/side

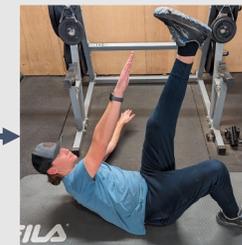
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## Daily Mobility Exercises

\*complete this group of exercises once per day, ideally in the morning before your preparation exercises

Exercise	Details	Reps (Target Area)	
<b>Cat-Cow</b>	<ol style="list-style-type: none"> <li>1. Start in the 4-point position with your hands and knees on the floor</li> <li>2. As you exhale, tuck your chin and pelvis, and round your back upwards toward the ceiling</li> <li>3. As you inhale, reverse the movement and extend your head and pelvis upwards toward the ceiling</li> </ol>	10 ( Thoracic and Lumbar Spine)	
<b>Thoracic Spine Mobilization</b>	<ol style="list-style-type: none"> <li>1. Place one hand behind your ear</li> <li>2. Curl your trunk and bring your elbow down to your opposite knee</li> <li>3. Reverse and turn your head, trunk, and elbow toward the ceiling</li> </ol>	6/side (Thoracic Spine, Shoulders)	
<b>Single Knee to Chest</b>	<ol style="list-style-type: none"> <li>1. Lie on your back with your legs out straight</li> <li>2. Bring one knee up toward your chest and pull with your arms to feel a stretch in your hamstrings/glutes</li> <li>3. Hold 1 second, then repeat with the other leg</li> </ol>	6/leg (Glutes and Hips)	
<b>Supine Trunk Rotation/Hip Stretch</b>	<ol style="list-style-type: none"> <li>1. Lie on your back with your feet flat on the floor</li> <li>2. Slowly let your knees drop to one side, stretching your lower back and hips</li> <li>3. Hold 1 second, then repeat on the opposite side</li> </ol>	6/side (Low Back, Hips)	
<b>Supine Active Hamstring Stretch with Strap</b>	<ol style="list-style-type: none"> <li>1. Lie on your back with your legs out straight</li> <li>2. Place a strap or belt around one foot, then gently pull your leg toward the ceiling</li> <li>3. Hold one second, then lower your leg and repeat</li> </ol>	6/leg (Hamstrings, Hip Flexors)	
<b>Standing Hip Flexor Stretch w/ Sidebend</b>	<ol style="list-style-type: none"> <li>1. Stand in a split stance with one foot forward, feet flat on the ground</li> <li>2. Shift your weight forward and reach with your arm, bending your torso toward the side of your front leg</li> <li>3. Lean into the stretch, hold for 1 second, then repeat on the opposite leg</li> </ol>	6/side (Hip Flexors, Lats, Torso)	
<b>Marching Hip Bridge</b>	<ol style="list-style-type: none"> <li>1. Lie on your back with your feet flat on the floor, just in front of your knees</li> <li>2. Push through your heels to lift your pelvis toward the ceiling</li> <li>3. Hold this position, then "march" your legs while trying to keep your pelvis parallel to the ceiling</li> </ol>	6/leg (Hamstrings, Lumbar Spine)	
<b>Balance Drill</b>	<p><b>**NOTE: for your first time, stand next to a wall or a solid support in case you lose your balance!</b></p> <ol style="list-style-type: none"> <li>1. Stand in an inline stance, one foot forward and one foot back</li> <li>2. Maintain your balance, then quickly turn your head to one side. Hold for 1-3 seconds</li> <li>3. Slowly move your head back to center, then repeat to the opposite side</li> </ol>	5/side (Inner ear (vestibular)/balance)	

Program A	Details
<b>Sit to Stand</b>	<ol style="list-style-type: none"> <li>Stand with your feet shoulder-width apart in front of a stable chair or bench</li> <li>Slowly squat down to a sitting position while holding your torso up tall</li> <li>Maintain a tall torso as you stand back up and repeat</li> </ol>
<b>Push-ups</b>	<ol style="list-style-type: none"> <li>This exercise can be performed from your feet or from your knees for the appropriate level of difficulty</li> <li>Your head, shoulders, hips, and knees should be in a straight line with each other</li> <li>Lower your torso toward the ground without touching, then push back to start</li> </ol>
<b>Alternating Superman</b>	<ol style="list-style-type: none"> <li>Lie facedown on the floor with your arms in a “Y” and legs out straight</li> <li>Lift your right arm and your left leg off the ground and hold for 1 second</li> <li>Repeat on the opposite side</li> </ol>
Program B	Details
<b>High Step to Lateral Lunge</b>	<ol style="list-style-type: none"> <li>Start with your feet together. Lift one leg up high as if you’re stepping sideways over an obstacle and step out wide</li> <li>Shift your weight over the stepping leg, then return to start</li> <li>Repeat on the opposite side</li> </ol>
<b>Sit up with Reach</b>	<ol style="list-style-type: none"> <li>Lie on your back with your feet flat on the floor and your arms at your sides</li> <li>Curl up with your torso and reach with your right arm as you lift your left leg</li> <li>Return to start and repeat on the opposite side</li> </ol>
<b>Plank</b>	<ol style="list-style-type: none"> <li>This exercise can be performed from your feet or from your knees for the appropriate level of difficulty</li> <li>From your forearms and your toes (or knees), hold your body off the ground</li> <li>Maintain a straight line from your ankles to your head while you hold this position</li> </ol>



### 3 Farmers Carry Exercise

Exercise	Details
<b>Farmers Carry</b>	<p><b>**Note: a kettlebell is shown in the photo, but you do not need special equipment for this exercise. Milk jugs, paint cans, and anything else you can carry with one hand will suffice! However, the weight should be heavy enough to challenge you!</b></p> <ol style="list-style-type: none"> <li>1. Hold the weight in one hand while maintaining a tall, upright posture</li> <li>2. Lift each knee up high as you walk while trying to maintain your balance</li> <li>3. This exercise can be done by marching in place if walking is not possible</li> </ol>

Week 1	Week 2	Week 3	Week 4
60 seconds/side	60 seconds/side	90 seconds/side	120 seconds/side



### 4 Light Aerobic Exercise

Exercise	Details
<b>Light Aerobic Exercise</b>	30-60 minutes per day of easy walking is recommended.