

HOPE *worldwide* Adventure Corps Training Routine

SCHEDULE:

1. 3 times a week complete the 30-minute full body workout.
2. 1 time a week go on a 5-mile hike/ walk (choose a route that includes hills if possible). Carry a backpack with 20lbs.
3. 1 time a month go on a 10-15-mile hike/walk (choose a route that includes hills if possible). Carry a backpack with 20lbs.

30-MINUTE FULL BODY WORKOUT

Follow the team with this simple workout that you can do on your back porch.

Before you start, make sure you know how to do these exercises. If you don't know how to do these exercises, check out the videos available at lmntl.net/exercises/. Start by warming up with a 10-minute jog.

Now do the following exercises (1 minute each with 1-minute rest between rounds). The goal is to maintain form and be able to complete each exercise. If you're breathing so hard you can't continue, take five deep breaths and keep moving. If you can't do any of these exercises due to injuries or other limitations on your mobility, modify the exercise accordingly.

Round #1

- Run in Place
- Squats
- Pushups
- Total Body Extension
- Reverse Lunges

[1-minute rest]

Round #2

- Vertical Jumps
- Incline Pushup (or knee push-up)
- Squat
- Mountain Climber
- Lunge

[1-minute rest]

Round #3

- Burpee
- Lunge
- Side to Side Jump

- Spiderman Climb
- Squat

[1-minute rest]

Round #4

- Jumping Jacks
- Run in Place
- Total Body Extension
- Close-Grip Pushups
- Side to Side Jumps

[1-minute rest]

Round #5

- Total Body Extensions
- Pushup
- Prisoner Lunge
- Mountain Climber
- Jumping Jacks