

# Grand Canyon Whitewater Preparation Training

## **Strength Program “A”** Stretching and Mobility Exercises

<b>Exercise</b>	<b>Repetitions</b>	<b>Target Area</b>
Cat-Cow	10	Thoracic and Lumbar Spine
Thoracic Spine Mobilization	6/side	Thoracic Spine, Shoulders
90-90 Hip Stretch	6/side	Glutes and Hips
Kneeling Hip Flexor Stretch	6/side	Hip Flexors, Quadriceps
Iron Cross Stretch	6/side	Hamstrings, Glutes, Lower Back
Adductor Stretch	6/side	Adductors, Medial Hamstring
Toe Touches	10	Hamstrings, Lower Back
Calf Stretch	5/side	Calves

# Grand Canyon Whitewater Preparation Training

## Strength Program “A”

### Strength Exercises

Exercise	Sets x Reps	Intensity: Weeks 1 & 2	Intensity: Weeks 3 & 4	Intensity: Weeks 5 & 6
Front Step ups	3 x 10/leg	Empty Backpack	½ Pack Weight	Full Pack Weight
Lateral Lunge	3 x 10/leg	Empty Backpack	½ Pack Weight	Full Pack Weight
Lateral Step Down Touch	2 x 15/leg	Empty Backpack	½ Pack Weight	Full Pack Weight
Unilateral Farmer’s Carry	2 x 30, 60, 90 sec/side	20-30 lbs 30 sec carry each side	20-30 lbs 60 sec carry each side	20-30 lbs 90 sec carry each side
Single-Leg Calf Raises	2 x 15/leg	Empty Backpack	½ Pack Weight	Full Pack Weight
Supine Bridge Walk-out	2 x 30, 45, 60 sec	30 seconds	45 seconds	60 seconds
Front Plank	3 x 30, 45, 60 sec	30 seconds	45 seconds	60 seconds
Prone Cobra	3 x 30, 45, 60 sec	30 seconds	45 seconds	60 seconds

**\*Complete all exercises, with the exception of the last three, with your backpack and hiking shoes on!**