

# Grand Canyon Whitewater Preparation Training

## **Strength Program “B”** 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

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## **Strength Program “B”** Strength Exercises

<b>Exercise</b>	<b>Sets x Reps</b>	<b>Intensity: Weeks 1 &amp; 2</b>	<b>Intensity: Weeks 3 &amp; 4</b>	<b>Intensity: Weeks 5 &amp; 6</b>
Lateral Step-ups	3 x 10/leg	Empty Backpack	½ Pack Weight	Full Pack Weight
Walking Lunge	3 x 10/leg	Empty Backpack	½ Pack Weight	Full Pack Weight
Front 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-outs	2 x 30, 45, 60 sec	30 seconds	45 seconds	60 seconds
Active Straight Leg Raise	3 x 30, 45, 60 sec	30 seconds	45 seconds	60 seconds
Side Planks	2 x 30, 45, 60 sec/side	30 seconds/side	45 seconds/side	60 seconds/side

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