



HIKING INJURY PREVENTION WORK OUTS.

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IF YOU HAVE ANY QUESTIONS OR WANT TO READ ANY OF THE ARTICLE FROM THE PRESENTATION DON'T HESITATE TO EMAIL ME.

ALSO THESE STRETCHES AND EXERCISES ARE FOR YOU TO SUPPLEMENT INTO YOUR WORK OUT AND STRETCHING ROUTINE.

SOCIAL MEDIA:

- Facebook: Dr. Colin Johnston DC, BsKin
- Instagram: dccolinjohnston

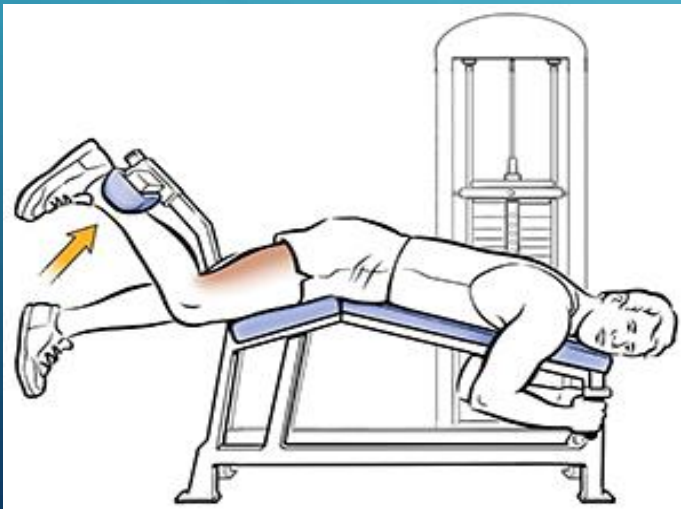
EXERCISES:

- One and a Half squat
- Muscles Targeted: Quadriceps, glutes, hamstrings, lower back and abdominals
- Assume athletic stance with a bar on your back and your feet slightly wider than hip-width
- Keeping your back straight and your knees behind your toes, sink your hips back and lower into a squat until your thighs are parallel to the ground
- Extend your hips and knees to drive up to a half squat position
- Lower again until your thighs are parallel to the ground
- Extend your hips and knees to drive up a standing position
- Repeat for specified reps
- **Sets/Reps:** 3x6–10

EXERCISES:

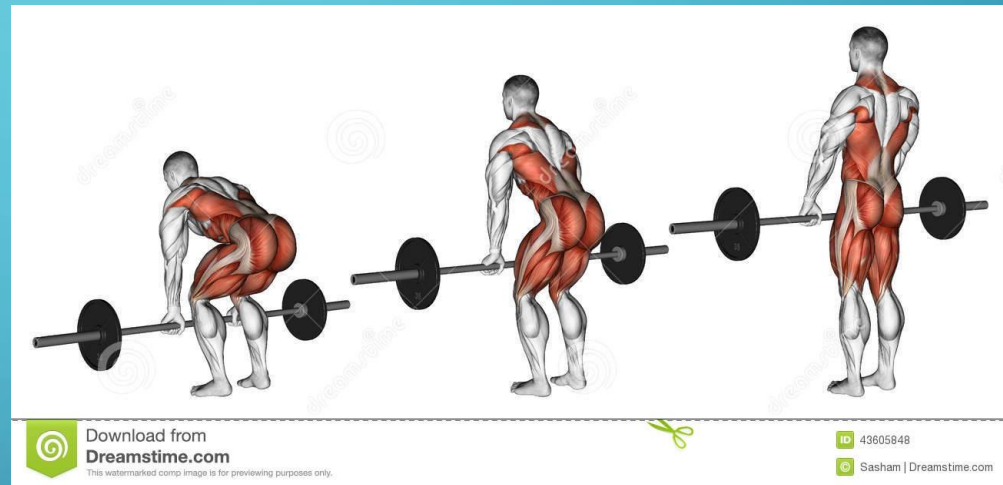
- Cross-Body Dumb Bell Carries
- Muscles Targeted: Lateral core, abdominals and hip abductors
- Grab two dumbbells of different weights; the heavier dumbbell should weigh twice as much as the lighter dumbbell
- Hold the heavy dumbbell at your side and the lighter dumbbell at your opposite shoulder with your palm facing in
- Walk for the specified distance, keeping your core tight and shoulders parallel
- Switch sides and walk back to where you started
- **Sets/Distance:** 2x10–30 yards each side

HAMSTRING CURLS



3*10 if using weights at a machine
3*Fatigue (feel the burn) if doing medicine ball
or body weight.

DEADLIFTS:



*Disclaimer: Attempt only if familiar with exercise and/or have someone to guide you first time through. Most advance compound exercise.

3*8sets or looking to be 70–80% of 1 rep max

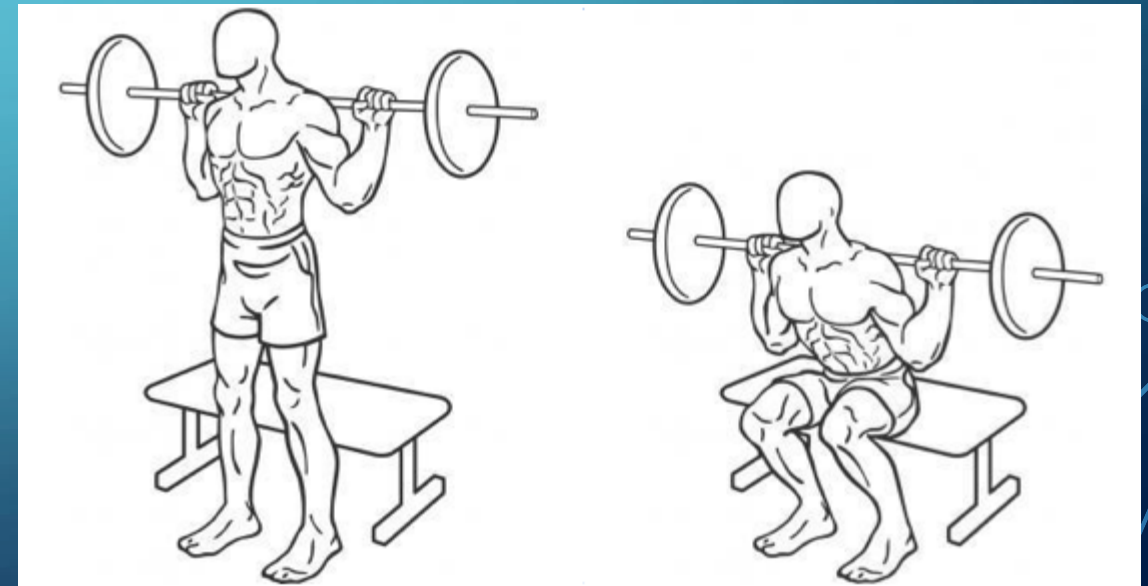
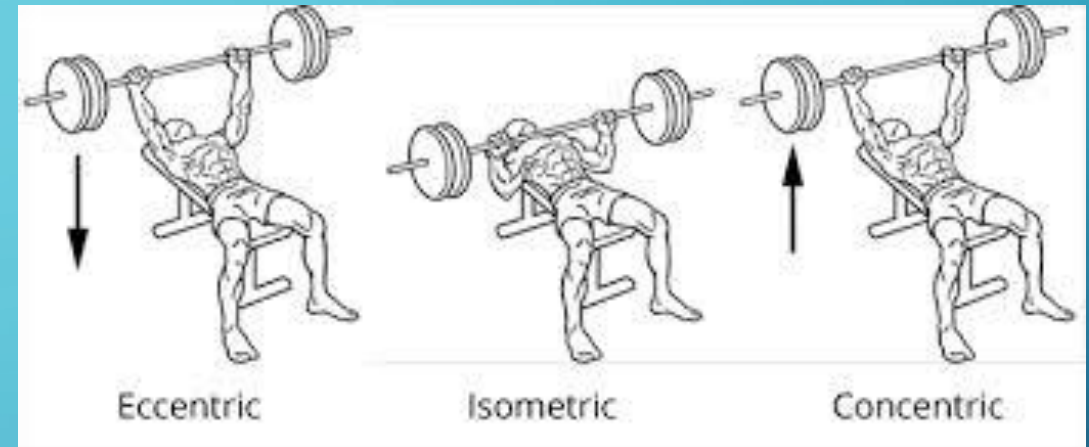
• ECCENTRIC SQUATS:

Squat with a focus on deceleration

- 3*8. Key is the Count

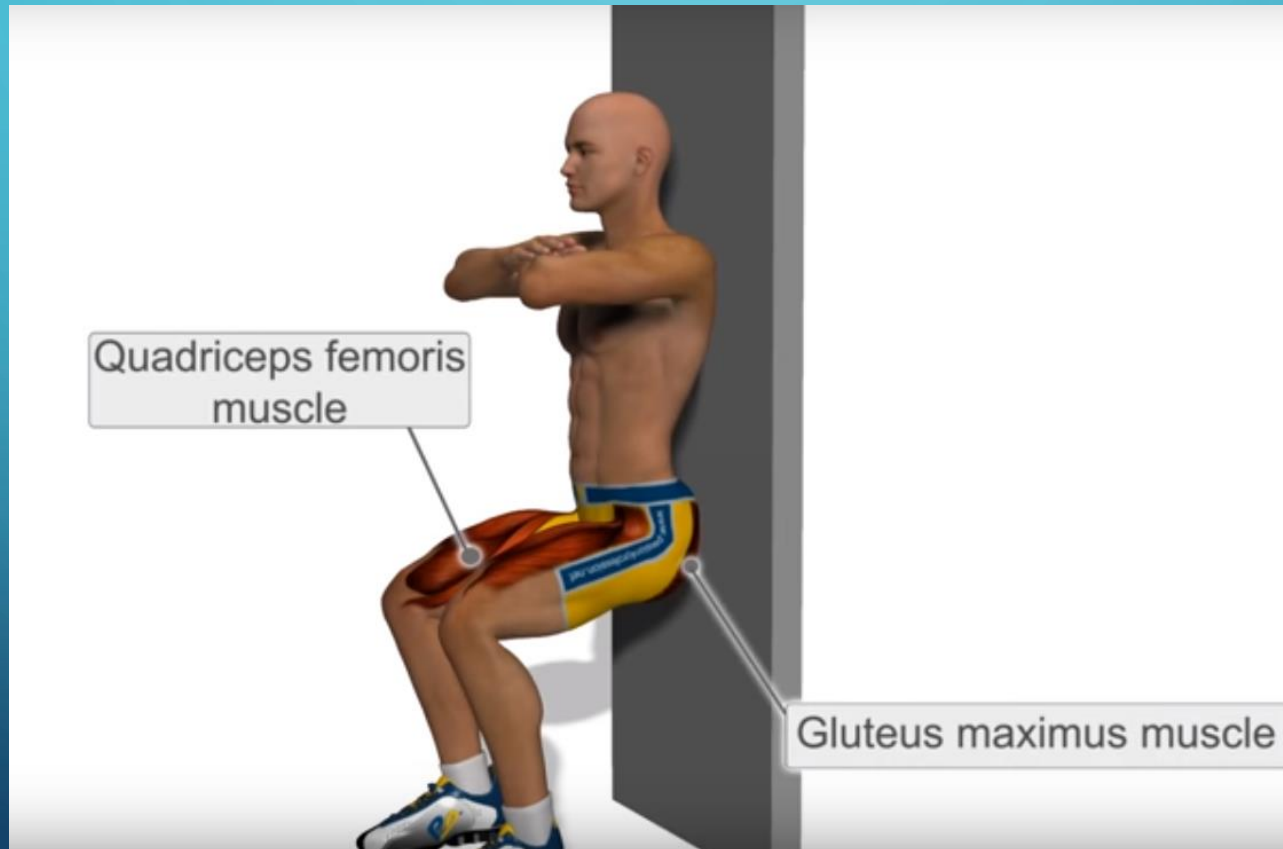
- 5-6 seconds down
- 3 second Hold
- 2 seconds up

- Can also fill large pack and do exercises at home.
- Can perform as a double leg squat or lung squat



WALL SITS

- Wall Sits: 45–60 seconds always increasing time as becomes more difficult

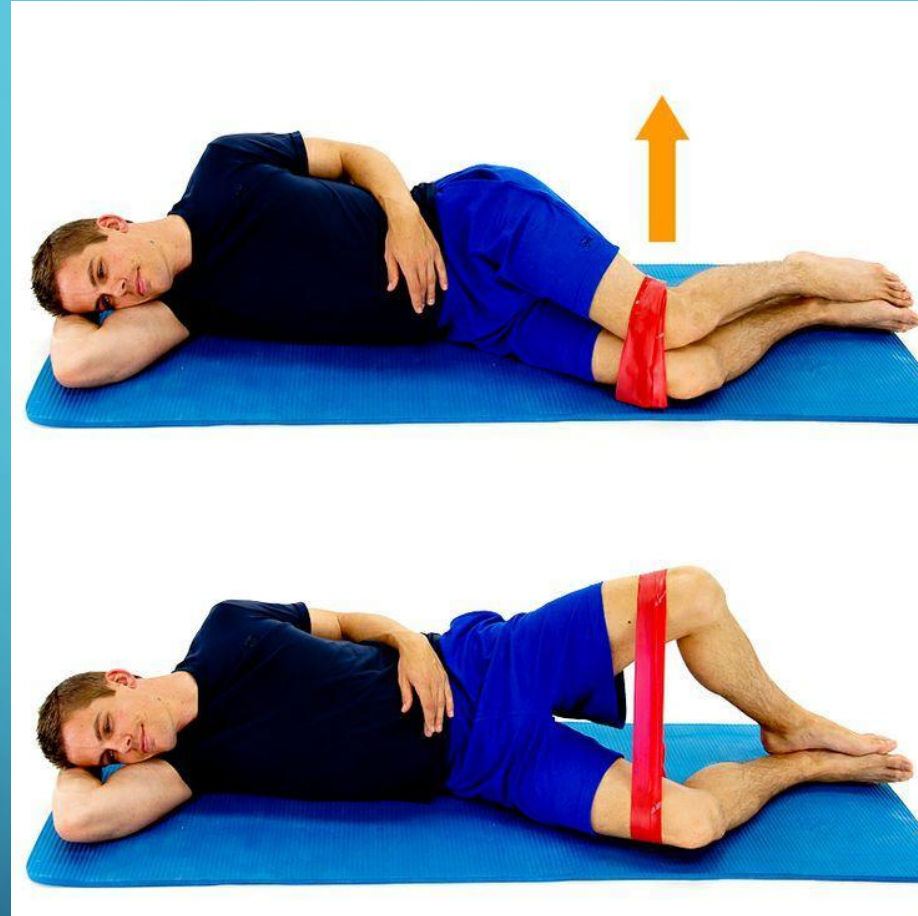


ADDUCTOR STRETCH



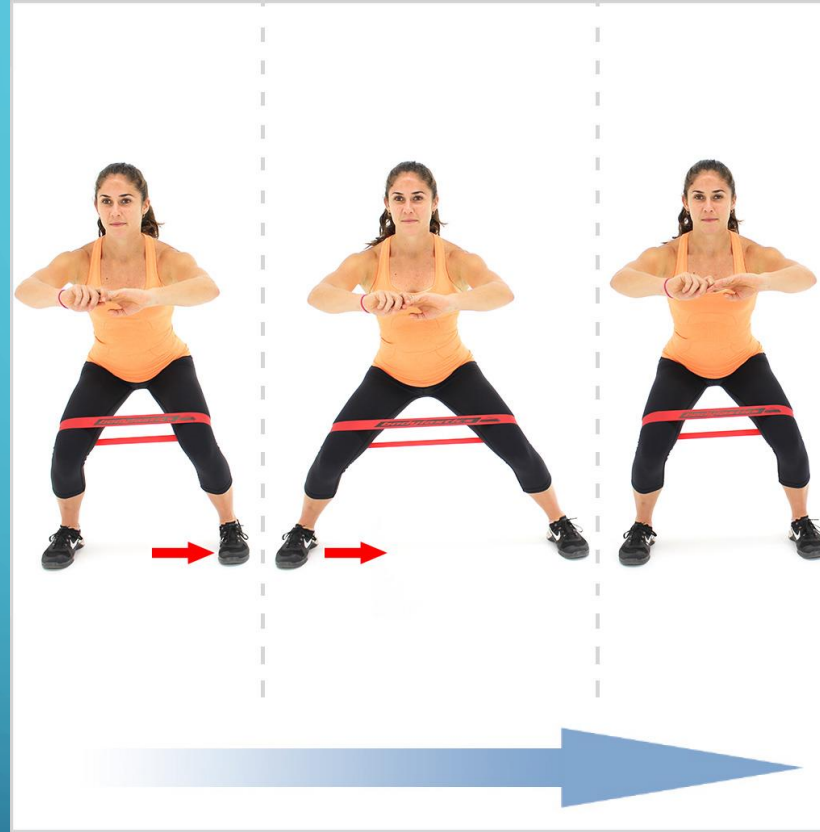
3*30sec-1:30. Hold stretch till feel body relax. Don't hold beyond 1min-1:30. Remember to listen to body, its alright to be sore but don't stretch into pain.

CLAM SHELLS



3*Fatigue(15): The Key is to activate the glute med without compensating with hip flexors and hamstrings.

Monster Walks



KEEP THE BUM LOW IN A 1/4 SQUAT POSITION WHEN DOING MONSTER WALKS, SO YOU ARE NOT ONLY ACTIVATING GLUTE MED WITH THE SIDEWAYS WALKING, BUT ALSO GLUTE MAX. WORK OUT 3*10 OR ONE END OF ROOM/GYM TO OTHER.

- Advanced Hip mobility: <https://youtu.be/nLuvQCTPrcY>
 - Dr. Spina is great when he came to CMCC it was always a fight to sign up for his mobility presentations.

ADVANCED GLUTE MED STRENGTHENING

- Disclaimer: this exercise is NOT easy, and should only be considered if your performance has plateaued from the basic exercises from the previous.
 - Place your hips and knees in 90degrees of bend
 - Using your knees, press down into the mat as hard as you can while keeping you body perfectly upright
 - When your body rises, you must try to go straight up, as opposed to leaning forward to get up. This is the most important part of the exercise. If you have to lean forward to get up, your taking activation off your target muscle
 - Sit your bum back down SLOWLY until you touch the mat and repeat.
- 3*5 each side (this exercise favours ONE side at a time, you must rotate your hips in the opposite direction after you've completed one set.



So the above videos are to demonstrate the set up and general motion. You may notice I lean forward ALOT for this exercise and you shouldn't do that. You should go straight up. Apparently I have found something I need to really work on too.

