

# Go For Peak Performance

## 10 Conditioning Exercises for Home, Gym and Trail

As seen in *Washington Trails* Mar+Apr 2014.  
Feature by Heath Jones



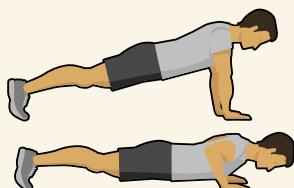
Not a bad way to get in shape—cardio in Grand Park. Photo by Kevin Kincaid.

### 4 Exercises to do at home.



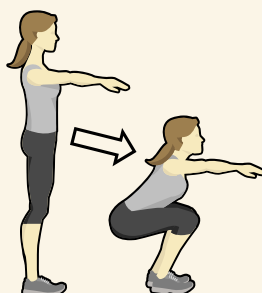
#### Plank = Core strength/endurance

From your knees or toes, place your forearms on the ground underneath your shoulder joint. Press yourself up off the ground and hold in a straight line. Perform for time instead of repetitions.



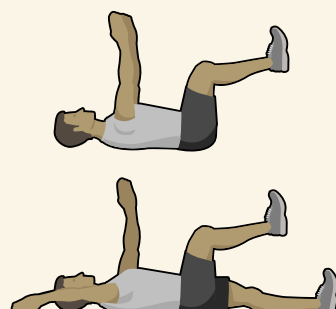
#### Pushups = Core/chest strength

From the ground or an incline position, place your hands in line with your armpits. Lower yourself until you reach just past 90 degrees. Avoid arching your back.



#### Squats = Leg strength/endurance

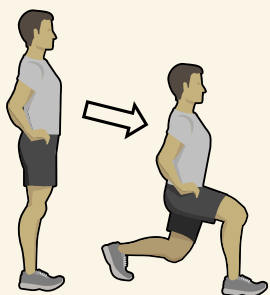
Start with your feet hip-width and squat down with hips back and knees behind toes. Adjust feet based on hip mobility and strength.



#### Dead Bug = Core endurance

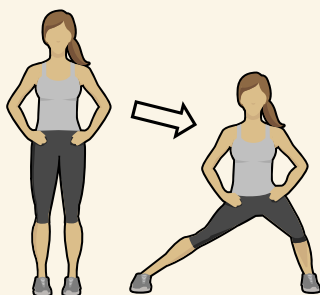
Lie on your back with feet in the air and knees/hips at 90 degrees. Alternate each leg to extension until your heel touches the ground. Perform for time instead of repetitions.

### 4 Exercises for on the trail.



#### Lunges = Strengthen legs and increase ankle/knee/hip stability

**Forward Lunge:** Starting with feet hip-width, take a step forward while bending at both knees until lead leg is at 90 degrees. For beginners, or those with bad knees, take a step backward.

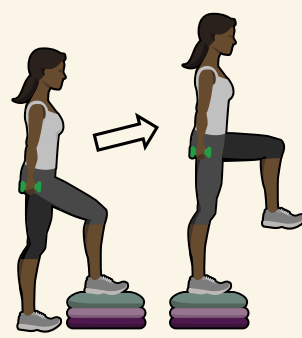


**Side Lunge:** Starting with feet hip-width, step way out to the side, keeping your starting leg straight and bending your lead leg while keeping the knee behind the toes.



#### Y's/T's/W's = Upper back flexibility/mobility

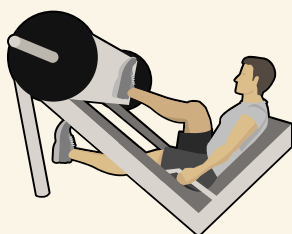
Stand in a shallow squat position. Place your arms between your legs and raise/pull your arms as far back as possible into the shape of a Y, T and W.



#### Step-ups = Lower body strength/stability

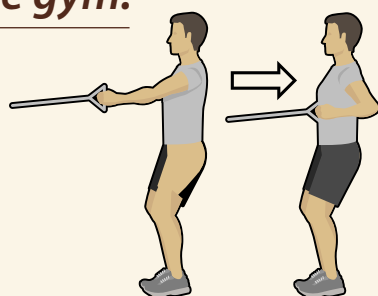
Start with one foot on an elevated surface. Stand up while lifting opposite leg to a 90-degree position.

### 2 Exercises for at the gym.



#### 1-Leg Press = Single leg strength

Place one foot on the pad and lower leg just past 90 degrees. Press through your heel, keeping knees behind toes until near full extension.



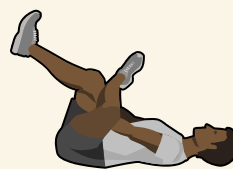
#### Back row = Back & core strength

Stand with feet hip-width in a shallow squat position. Pull arms back until bar reaches belly button.

### Don't forget to Stretch

#### Chest Stretch = Chest flexibility

While standing, place one forearm on a corner of a wall. Rotate your body away from your arm, keeping forearm stable. Alternate sides.



#### Figure 4 = Hip flexibility

Lie down on your back with knees bent and feet on floor. Place one ankle over opposing knee and pull your other leg toward you. Alternate sides.