

HIKING-DAILY MOVEMENT PROGRAM



CALF RAISES

10 times

Step 1



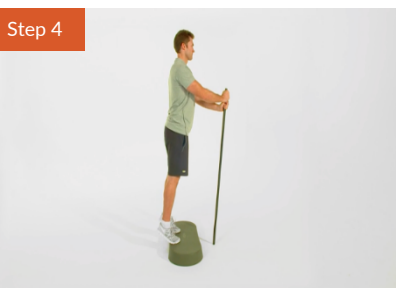
Step 2



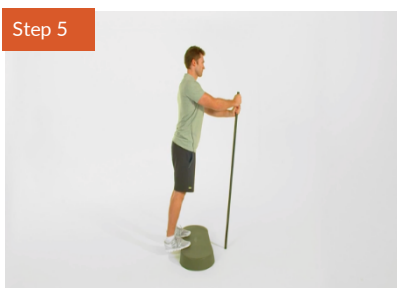
Step 3



Step 4



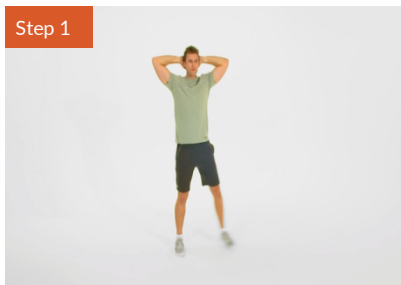
Step 5



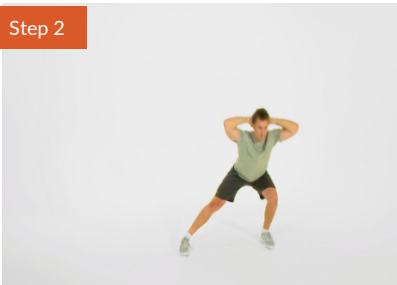
LAT LUNGE

5 times each limb

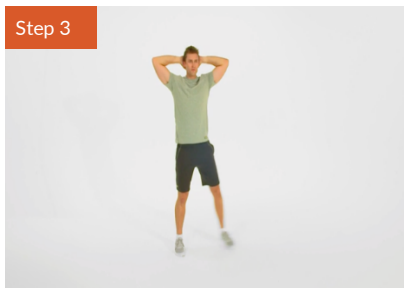
Step 1



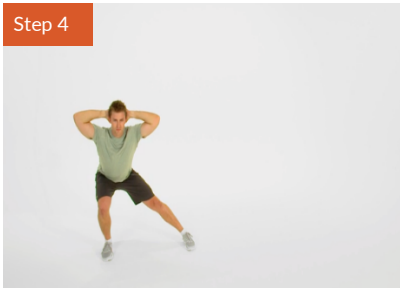
Step 2



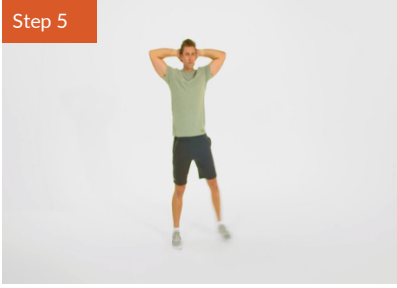
Step 3



Step 4



Step 5



REVERSE LUNGE

5 times each limb

Step 1



Step 2



Step 3



Step 4



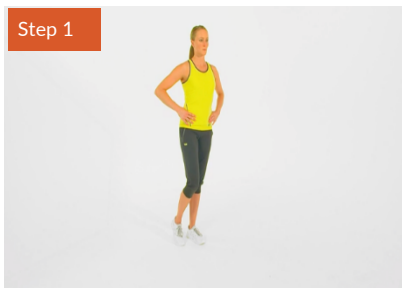
Step 5



SINGLE LEG STANCE

10 times each limb

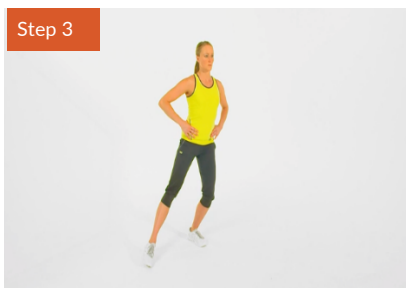
Step 1



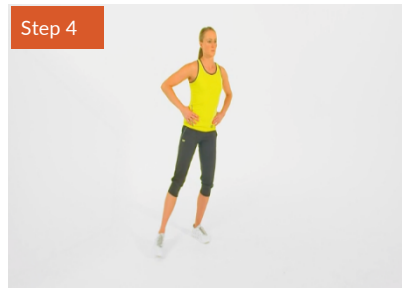
Step 2



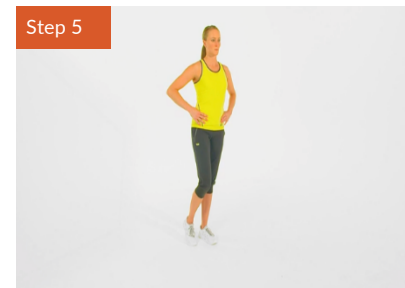
Step 3



Step 4



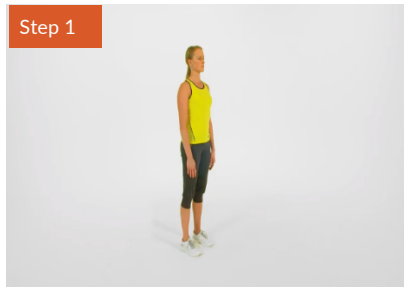
Step 5



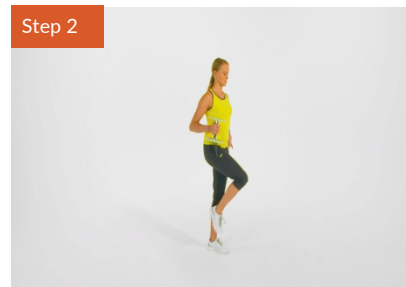
HIGH KNEES

5 times each limb

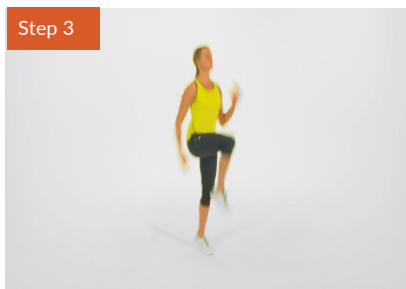
Step 1



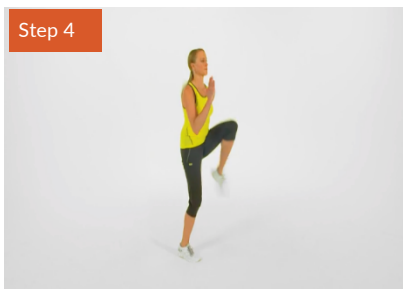
Step 2



Step 3



Step 4



Step 5

