

Ron Rosenbergs Hiking Routine							
Exercise	Target	Monday	Wednesday	Friday	Monday	Wednesday	Friday
Reach for the Sky	10-12 reps						
Press-Up	25 reps						
Swimmer / Superman	2 mins						
Dips	25 reps						
Wall Sit	2 mins						
Leg Lifts	2 mins						

Reach for the Sky	Lay on your back, on the floor with your knees bent about 90 degrees. Put your arms straight at a 45 degree angle from the vertical. Then lift your shoulders and upper body following your arms as if you were trying to reach for something. You don't have to lift very high, only to the point where your shoulders are not touching the ground and your stomach muscles are in tension. I think you have to get to the point where you maximize the pressure of your lower back against the floor. Hold for a few seconds (1 count to ten).
Press-Up	Start with 25 and looking down (floor). As you get stronger, do them with your head up (looking at the horizon)
Swimmer / Superman	Lay on the floor, on your stomach. Extend your arms and legs and lift about 30 degrees from horizontal. Hold for about 2 min. and increase time as you get stronger. (This is very good to prevent back injuries.)
Dips	Using two chairs/benches facing each other. Put your feet on one of the chairs and, keeping your legs straight and at a 90 degree angle with your upper body, put your hands behind your back and on the other chair. Now, bending your elbows (only) push yourself up and down. Start with 25 repetitions.
Wall Sit	Put your back against a wall and get your knees bent at a 90 degree angle (as if there was a chair). Hold initially for 2 min., and then increase time as you get stronger. (Very important, at the Laser Worlds the top guys could do this for 40 minutes).
Leg Lifts	Lay on the floor, on your back. Put your hands under your butt and lift your legs about 30 degrees from the horizontal. Hold for 2 minutes. Increase this time as you get stronger. (Your hands under your butt take the pressure off your lower back, this is important when starting out, try and keep your entire back in contact with the ground to spread the load throughout your abs.)