

TRAIL *Strong*

A 20-MINUTE BODYWEIGHT WORKOUT FOR HIKERS

Build strength and stability for the trail with this no-equipment routine. Perform each exercise for 40 seconds, then rest for 20 seconds. Complete all four circuits twice for a full workout.

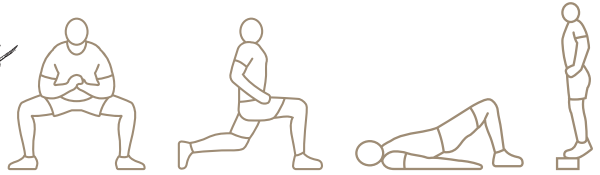
CIRCUIT 1: *Trail Legs*

Squats

Reverse Lunges

Glute Bridges

Calf Raises



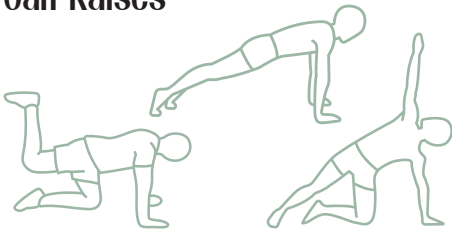
CIRCUIT 2: *Core & Balance*

Plank Shoulder Taps

Bird-Dogs

Side Planks

Dead Bug



CIRCUIT 3: *Agility & Power*

Step-Ups

Jump Squats

Skater Hops

High Knees

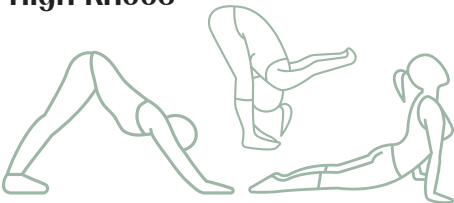


CIRCUIT 4: *Flexibility & Recovery*

Downward Dog to Cobra

Figure-Four Stretch

Hamstring Fold



PRO *Tips*

Warm Up Before You Start •
Modify As Needed • Hydrate



Want more tips? Subscribe to the *Hike and Hue*® newsletter.

[WorkoutArtist.com](https://www.WorkoutArtist.com)

Copyright 2025