Trail Workouts

Take advantage of your surroundings. Maximize and diversify your trail workout with these outdoor exercises.

Bench Dips

3 sets x 15 reps

Mountain Climbers

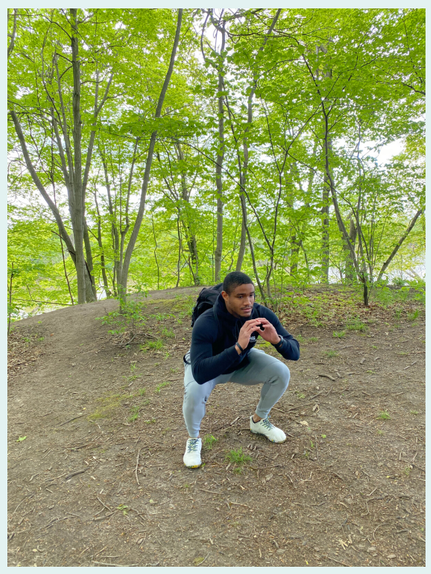
3 sets x 10 reps

Bench Step-Ups

3 sets x 20 reps

Squats

3 sets x 15 reps



Uphill Trail Run

Complete 3 runs uphill

*Be careful running downhill!

Quick Trail Tips

Trail running or walking is considered the main exercise. Adding some or all of these workouts will enhance your session and kick it up a notch!

You can make your workouts more challenging by wearing a backpack with weight, weighted vests or even bringing your pet along for the workout.

Be careful of irritating foliage and bugs. Bug spray is a necessity and make sure you know how to identify skin irritants like poison ivy or poison oak. Stay hydrated and stay safe while on the trails!

optimal you

New to trails? Find local trails with helpful apps like *trailforks* or visit sites like *www.alltrails.com* or *www.hikingproject.com* for local listings, reviews and tips.