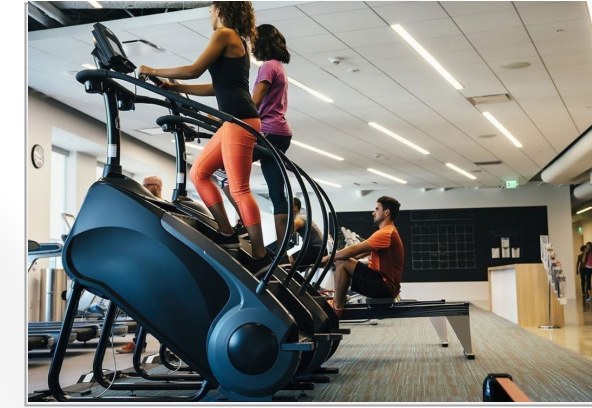




# INCLINE TRAINING OPTIONS

## STAIRS

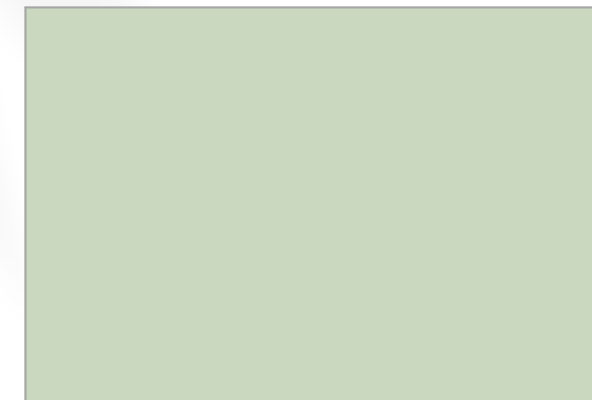
- INSIDE STAIRCASE
- COMMUNITY STADIUM/BLEACHERS
- STAIRCLIMBER MACHINE



Consider moving two steps at a time for more challenge.

## INCLINE

- OUTDOOR HILL (EVEN A SMALL ONE WORKS!)
- TREADMILL WITH INCLINE



Increase the treadmill incline as high as it can go!

## WEIGHT PULL/PUSH

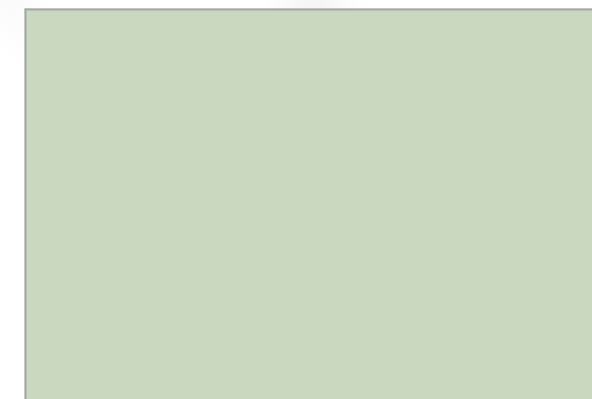
- PUSHING A STROLLER
- PUSHING A WEIGHT SLED
- WALKING WITH WEIGHT DRAG



Replicate similar joint angles to hiking and further challenge your muscles by pulling or pushing a weight.

## STRENGTH TRAINING

- BODY WEIGHT STRENGTH TRAINING
- TRADITIONAL STRENGTH TRAINING



Replicate the muscular demands of hiking when you strength training.