



**SUMMIT STRENGTH**

# **THE TIME STRAPPED TREKKER BUNDLE**

**QUICK AND SIMPLE WORKOUTS  
TO GET YOU READY FOR  
YOUR TREK!**



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## ABOUT SUMMIT STRENGTH

Summit Strength is a boutique personal training service specialising in preparing amateur trekkers and mountaineers for their dream adventure.

We began with the realisation that current practices for physical preparation in the Adventure Community were incredibly poor.

While other sports in the world are at the forefront of best training practices, Trekkers and Mountaineers seemed to be stuck in the Dark Ages...

So with our background in Sport Science and Strength and Conditioning, we started to apply these same principles to our Trekking clients, and began to see some amazing results.

Not only were our clients feeling stronger in their bodies and more confident on the mountain; but time and time again we would hear that they were leading the pack!

So from then we dedicated ourselves to one core concept. To raise the standards of preparation in the Adventure Community. So you can not only conquer the adventure of your dreams, but you can enjoy yourself while doing it.

# WHO THESE WORKOUTS ARE FOR

**These workouts were designed for someone who is preparing for a significant hike or trek but is also seriously time poor.**

To keep things as efficient as possible, the majority of these workouts will need a gym setting to complete. While this is not strictly necessary, it does make things **MUCH** easier to complete in a time restricted manner.

To be clear, these workouts are certainly not the **BEST** way of preparing for a trek. However for those who are significantly strapped for time, they will give you a fighting chance of completing their adventures!

One final thing to note, is that if you have any type of history of illness, injury or pain it is **HIGHLY** recommended you work individually with an exercise professional. Any issues like that are well beyond the scope of these workouts.



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## THE WORKOUTS

The workouts provided was designed to be as simple and as time efficient as possible.

Inside you will find three different types of workouts:

### Cardio Workouts

Simply put, these are created to help develop the aerobic energy system.

There are a number of different options here. If you want to mix and match the different 'types' of cardio, that is perfectly fine. Simply use the recommended timings where appropriate.

### Strength Workouts

These workouts are designed to develop 'muscular strength'. This is incredibly beneficial for:

- Injury prevention
- Tackling elevation
- Hiking speed

### Endurance Workouts

These workouts are designed to develop muscular endurance, which is incredibly relevant to long hours of trekking.

These are best completed in the last 4-6 weeks of your preparation.

**A few final things to note before you get into the workouts:**

- **If you are not familiar with any of the exercises, YouTube and Google have some great resources.**
- **It is highly recommended you complete a quick, dynamic warmup before each workout.**
- **If you feel ANY pain in any of the exercises please stop. In no instance should you push through anything.**
- **Any chance you DO get some extra time - it is highly recommended you get out hiking or walking for as long as possible.**

**And with all that out of the way, without any further ado...**

**Download The  
Workouts**

# NEED EXTRA HELP?

These workouts should give you a few great options to prepare for your trek, even if you are incredibly strapped for time!

However, if you do want some extra help putting this into action, you want something a bit more personalised or would like a fully comprehensive program created for your training, we would love to help.

Here are our contact details below, and, a button you can click on to learn about our online personal training Service - The Online Summit Program.

## CONTACT SUMMIT STRENGTH



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Want To Learn About The Online Summit Program?

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