

Some would say that summer, here in Jackson, has only touched the tip of the iceberg yet it is August next week! Crazy how weather affects so many people. How nice it has been though, has made many forget May & June. Right?

Hoping for the continuation of incredible sunny days long into October, many clients take a break from indoor torturous exercises. This, I not only recommend but, encourage the “chill out” break from indoor workouts to spend more time biking, climbing, hiking and running. However, maintenance to keep the core strong and powerful is the key, especially in Jackson. Personally, I know if I am indoors I may feel bad for not enjoying nature.

However, how does one maintain “being in shape” while outdoor activities prevail? Here are my recommendations:

If you stop strengthening the core, discontinue resistance exercises, or cease all power type movements it will affect you immensely. Many incredulous Jacksonites think that because one cycles 100 miles a day for a week or hikes the Grand twice a week and that is all he/she performs throughout the week that he/she is considered “in shape”. I strongly disagree. The cyclist bends forward in a couch position for a few hours everyday and the Grand hiker repeats the same short movements in a methodical slow pace and does nothing else to counter these activities then he/she exposes themselves to being “out of shape”.

Taking 30 minutes, three days a week to maintain power. It will not only enhance his/her outdoor activities but also reduce the chances of overuse injuries.

You just read it: 30 minutes. I know everyone has it...it is a matter of discipline or regret. I can now fully appreciate these new avenues of stress. My indoor maintenance workouts have consisted of 30-40 minutes of non-stop sweat and muscle pain. This is all I can afford in the time allotted. Like most individuals time is of the essence.

Another option is to perform outdoor workouts which will be covered in the next article. But be creative and work hard. You can workout outside which allows you to be outside which covers both aspects of doing what is important for longevity and enjoying the hopefully long summer!

Above I mentioned power and not strength. Too many people, I feel, are stuck on only strength. It is the foundation for many if not all movements but as mentioned in previous articles it is not the only factor. One must consider, balance, flexibility, and coordination/agility. Most likely if you are outdoors doing your sport activities, then you already have a great deal strength that enables one to perform the activity. To become more efficient within the activity then power and the others mentioned above is ones answer for complete potential.

For the cyclist with 30 minutes of workout time I would suggest performing exercises that primarily involve the upper body at 100% intensity and exercises targeting the legs at

80% intensity. The legs are already working 25-100 miles a day, no need to over exhaust them. The leg exercises would benefit from lateral movements. Avoid lots of hip flexor movements (lifting from the front hip). Example workout would be dumbbell press immediately followed by fast push-ups or push up claps with the core stable (no sagging at the low back). Quickly follow with, side lunges or cross side step lunges (step behind one leg and squat down) and core work in between upper and lower body.

For the hiker with 20 minutes, I would suggest to him/her a grueling non-stop workout with no rest. Core exercises with arm work to keep the upper body in check and single leg dead lifts are excellent to keep the hamstrings and glutes working efficiently, not to mention a stretch of the hamstring (only 80% intensity). Would do small quad work for they are getting pounded and like the cyclist keep my movements for the legs laterally. Light shocking, a term that I use to describe plyometrics or quick agility movements, like side hops or base rotations would counter the slow methodical pace movements.

In closing, work core (which is sides of body, back, butt & abs). Do a workout that in high in intensity but low in frequency (difficult workout but 3-4 times a week only). If you can workout and be outside, that will benefit you the most. Thanks and have a wonderful summer.