

Summer is here and will be until mid October! This is my prediction and I am “willing it” to happen. Now for all the pessimist people, imagine if I am correct, would that still be pretty darn good in spite of the last three years? Therefore, I want to get out side as much as possible and make up for the last three years of not being able to start summer until the beginning of July.

In addition, our members do the same. Many members 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, rafting, paddling, running...etc. However, maintenance to keep the core strong and powerful is the key to longevity in sport activity, reduction of injury, and ease into the next season. How does one maintain “being in shape” while outdoor activities prevail?

If you stop strengthening the core, discontinue resistance exercises, or cease all power type movements it will affect you immensely. Many incredulous Jackonites think that because one cycles 4-5 days a week or hikes the Grand twice a week and that he/she is considered “in shape”. These individuals are actually “out of shape”. The cyclist that bends forward in a couch position during a long bike cycle ride and the Grand hiker that repeats the same short movements in a methodical slow pace is setting themselves up for a weaker body. Don’t get me wrong, anyone trying to keep pace with these two examples will have a tough time keeping up but that is it, sport specific exposes him/her to being “out of shape” for everything else.

Taking 30 minutes, three days a week to maintain core, power and strength will not only enhance his/her outdoor activities but also reduce the chances of overuse injuries. It is a matter of discipline or regret. You can choose to just continue riding your mountain bike and develop a weaker core, specifically the upper back muscles, tight hip flexors, and have to start from scratch to prepare for winter sport activities – the regret. Or you can work hard for 30-40 minutes three times a week on power endurance with proper pillar core strengthening and stretching to go into winter sport activities like you never left – the discipline.

Pick five high intensity exercises and do them non-stop for 30 minutes. Involve pillar core strength (side plank), balance (stand on a rock and swing foot front/back/side), coordination/agility (side to side shuffle between three cones back/forth). But be creative and work hard. Workout outside which covers both aspects of doing what is important for longevity conditioning and enjoying a long summer!

Performing outdoors sport activities regularly, one has already a great deal of endurance strength and power that enables one to perform that activity. To become more efficient within the activity then add power exercises (24’s – squats in place, lunges in place, squat jumps, split lunge jumps – all 24 reps) to enhance the fast twitch muscles that often get overlooked in training which are heavily used in sport activity.

For the cyclist with 30 minutes of workout time I would suggest performing exercises that primary involve the upper body at 100% intensity and exercises targeting the legs at 80% intensity. The legs are already working on a bike, hike or whatever outdoors sport activity, no need to over exhaust them with more slow leg movements. The legs would benefit from lateral movements. Avoid lots of hip flexor movements (lifting from the front hip). Example workout would be alternating 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). Next do standing bent over rev fly’s (bent over with back parallel to floor and move weights up/down like bird flying) and core work (side plank hold moving into side plank hold and reversing direction – hold each for 30 seconds).

For the hiker with 20 minutes, I suggest a grueling high intensity non-stop workout with no rest. Core exercises (single leg plank hold for 30 seconds each) with arm work (dumbbell punches – x10 punches above head, in front of body, downward to floor) to keep the upper body in check and single leg dead lifts (like picking up a golf ball – check form on this though) are excellent to keep the hamstrings and glutes working efficiently, not to mention a stretch of the hamstrings/quads (80% intensity). I recommend low quantities of 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-to-side hops or a laterally drill where the feet move quickly side ways over an agility ladder which both counter the slow methodical pace movements.

In closing, work pillar core strength (side of core, back, front), Perform workouts in high intensity (20-40 minutes) but low in frequency (difficult workout but 2-4 times a week only). If you can workout and be outside, that will benefit you the most of not having to be indoors. Thanks and continue to have a wonderful summer.