



Hiker's Warm-Up Routine

- **Glute Activations – Standing Kickbacks (2x10/side)**

Wake up your glutes so your knees and back don't do all the work.

- **Calf Raises – Single or Double Leg (2x15)**

Improve ankle stability for uneven terrain.

- **Walking Lunges (10/side)**

Prime your hip, knee, and ankle joints for uphill/downhill motion.

- **World's Greatest Stretch (3x each side)**

Open up hips, hamstrings, and spine.

- **Heel Drops from Step (2x10)**

Activate calves and Achilles — crucial for downhill control.

- **Ankle Circles (10 each direction)**

Improve ankle mobility to reduce risk of sprains.

- **Optional: Diaphragmatic Breathing (2 min)**

Regulate your nervous system and breathing pattern before the climb.

Need help preparing for a big hike or recovering after one?

Schedule a FREE 30-minute consultation with Dr. Kyndy

Boyle. Located at Greenway Business Suites, Boone, NC

Call: 828 459-6397 | Visit: www.optimalphysther.com