

**Note:** The exercises in the schedule below are meant to be a resource for people to use for increasing leg & lower body strength for hiking and backpacking. If you have any previous knee or back injuries or are not certain whether squat exercises are appropriate for you, consult with your doctor and/or a physical therapist.

There are pictures on pages 2 & 3 to illustrate the positions for each of the five squat exercises in the routine.

Number 1: Narrow Squat , Number 2: Narrow Squat With Back Kick

Number 3: Basic Squat, Number 4: Basic Squat With Side Leg Lift

Number 5: Sumo Squat

<b>Day of Month</b>	<b>Exercise</b>	<b>Number of Squats</b>
Day 1	6 reps of each	30
Day 2	10 reps of each	50
Day 3	6 reps of each, repeat 2x	60
Day 4	Rest	0
Day 5	5 reps of each, repeat 3x	75
Day 6	10 reps of each	50
Day 7	8 reps of each, repeat 2x	80
Day 8	Rest	0
Day 9	9 reps of each, repeat 2x	90
Day 10	6 reps of each, repeat 2x	60
Day 11	5 reps of each, repeat 4x	100
Day 12	Rest	0
Day 13	7 reps of each, repeat 3x	105
Day 14	6 reps of each, repeat 2x	60
Day 15	5 reps of each, repeat 5x	125
Day 16	Rest	0
Day 17	9 reps of each, repeat 3x	135
Day 18	5 reps of each, repeat 3x	75
Day 19	7 reps of each, repeat 4x	140
Day 20	Rest	0
Day 21	10 reps of each, repeat 3x	150
Day 22	8 reps of each, repeat 2x	80
Day 23	8 reps of each, repeat 4x	160
Day 24	Rest	0
Day 25	7 reps of each, repeat 5x	175
Day 26	6 reps of each, repeat 3x	90
Day 27	9 reps of each, repeat 4x	180
Day 28	Rest	0
Day 29	12 reps of each, repeat 3x	180
Day 30	10 reps of each, repeat 4x	200

Number 1: Narrow Squat



Number 2: Narrow Squat With Back Kick



Number 4: Basic Squat With Side Leg Lift



Number 5: Sumo Squat

