

## Weekly Schedule Overview

<b>Day</b>	<b>Focus</b>	<b>Duration</b>
Monday	Full Body Strength + Balance	45–60 min
Tuesday	Rucking (Light) + Stretching	30–45 min
Wednesday	Mobility + Core + Stability	30–40 min
Thursday	Upper Body Strength + Rucking	60 min
Friday	Active Recovery + Balance	20–30 min
Saturday	Lower Body Strength + Rucking	60–75 min
Sunday	Rest or Gentle Mobility Work	20 min (opt)

### RUCKING PROGRAM (Weeks 1–8)

**Goal:** Improve endurance, posture, bone density, and fat loss while minimizing joint stress

<b>Week</b>	<b>Frequency</b>	<b>Distance</b>	<b>Weight Progression</b>
1–2	2x/week	1–1.5 mi	5–10 lbs
3–4	2–3x/week	1.5–2 mi	10–15 lbs
5–6	3x/week	2–2.5 mi	15–20 lbs
7–8	3x/week	2.5–3 mi	20–25 lbs (max)

Form Tips: Wear a fitted backpack with a chest strap; keep a tall posture; use brisk but steady pace.

### WEIGHT TRAINING PROGRAM (2–3x/week)

Focus on full-body strength, progressive overload, and joint-friendly movements. Use dumbbells, resistance bands, or machines.

#### **Day A – Full Body Strength**

1. Goblet Squat or Sit-to-Stand: 3×10–12
2. Incline Push-up or Chest Press: 3×8–10
3. Bent-Over Row (DB or Band): 3×10–12
4. Glute Bridge or Hip Thrust: 3×12–15
5. Standing Band Pull-Apart: 2×15
6. Farmer’s Carry (light weights): 3×30 seconds

#### **Day B – Upper Body + Core**

1. Seated Shoulder Press: 3×10
2. Band or Cable Row: 3×12
3. Tricep Kickbacks: 3×12
4. Bicep Curls (alternating): 3×10
5. Bird Dog (slow & controlled): 3×10/side
6. Plank (on knees if needed): 3×20–30 sec

#### **Day C – Lower Body + Glutes**

1. Step-Ups (box or stairs): 3×8/leg
2. Romanian Deadlift (light DB): 3×10
3. Side-Lying Leg Raise: 3×12/leg
4. Wall Sit (bodyweight): 2×30 sec
5. Calf Raises: 3×15
6. Standing Hip Abduction (band): 2×15

Progress weekly: Add small amounts of weight, reps, or sets as tolerated.

## **BALANCE, STRETCHING & MOBILITY (3–5x/week)**

### **Balance Exercises**

1. Single-Leg Stand (hold chair if needed): 3×30 sec/leg
2. Heel-to-Toe Walk (tightrope): 3 passes
3. Clock Reaches: 2×10/leg
4. Tandem Stance Eyes Closed: 2×30 sec

### **Mobility & Stretching Flow (Daily or Post-Workout)**

1. Cat-Cow Stretch – 1 min
2. Standing Chest Opener – 30 sec hold
3. Seated Spinal Twist – 30 sec/side
4. Hip Flexor Stretch (cushioned kneel) – 30 sec/side
5. Calf Stretch (wall) – 30 sec/side
6. Neck Circles + Shoulder Rolls – 1 min

### **Additional Guidelines**

Warm-Up (5–10 min) before each session: walking, arm circles, air squats, shoulder shrugs.

Cool Down (5–10 min): Gentle stretching and breathing exercises.

Hydration + Nutrition: Stay well-hydrated and include enough protein for muscle support.

Footwear: Supportive walking shoes for rucking and training.