

## Weekly Program Overview

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

### RUCKING PROGRAM (8-Week Progression)

**Goal:** Boost cardiovascular capacity, metabolic health, and bone density with low-impact loaded walking.

<b>Week</b>	<b>Frequency</b>	<b>Distance</b>	<b>Pack Weight</b>
1–2	2x/week	1–1.5 miles	10–15 lbs
3–4	2–3x/week	1.5–2 miles	15–20 lbs
5–6	3x/week	2–2.5 miles	20–25 lbs
7–8	3x/week	2.5–3 miles	25–30 lbs (max)

Tip: Prioritize posture, controlled breathing, and evenly loaded packs with chest and hip straps.

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

Designed to preserve lean muscle, prevent sarcopenia, and improve joint stability and metabolic health.

#### Day A – Full Body Strength

1. Goblet Squat (DB): 3×10
2. Push-Up (or incline variation): 3×10
3. One-Arm Row (DB or Cable): 3×10/side
4. Glute Bridge: 3×12
5. Farmer's Carry: 3×30 sec (moderate DBs)
6. Standing Band Face Pulls: 3×12

#### Day B – Upper Body + Core

1. Seated Shoulder Press (DB): 3×10
2. Lat Pulldown or Band Rows: 3×10–12
3. Triceps Rope Pressdown: 3×12
4. Bicep Curls (DB): 3×10
5. Side Plank (on forearm or knees): 3×20–30 sec/side
6. Dead Bug (slow, controlled): 3×10/side

#### Day C – Lower Body Focus

1. Step-Ups (knee height): 3×8/leg
2. Romanian Deadlift (DB): 3×10
3. Calf Raises (bodyweight or loaded): 3×15
4. Wall Sit: 2×30–45 sec
5. Seated Hamstring Curl (machine or band): 3×10

Progress Tips: Add resistance, slow tempo, or extra reps every 1–2 weeks.

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

### **Balance & Stability**

1. Single-Leg Balance (eyes open/closed): 3×30 sec/leg
2. Heel-to-Toe Walk (straight line): 3 passes
3. Lateral Step + Reach (touch floor): 3×10/side
4. Balance Pad or BOSU Stand: 2×30 sec/foot

### **Mobility & Flexibility**

1. Cat-Cow Stretch: 1 min
2. Standing Chest/Shoulder Opener: 30 sec
3. Standing Hamstring Stretch: 30 sec/side
4. Kneeling Hip Flexor Stretch: 30 sec/side
5. Wall Shoulder Flexion Slides: 10 reps
6. Seated Spinal Twist: 30 sec/side

### **Recovery + Wellness Guidelines**

Warm-Up (5–10 min): Dynamic moves like leg swings, arm circles, or light treadmill walk.

Cool Down (5–10 min): Static stretches and deep breathing.

Nutrition: Aim for at least 1.2–1.5g protein/kg body weight/day to support muscle.

Hydration: Drink water before, during, and after workouts.

Footwear: Use cushioned, supportive shoes for rucking and lifting.