

# Stockton Outfitters, LLC.

Wise River, Montana

## How To Get In Shape For Your Hunt

Our country is best hunted on foot and the better shape you walk into camp, the more enjoyable your experience will be. Elk hunting is one of the most physically demanding activities in the world, your odds for success drastically increase the more fit you are. Stockton Outfitters has attained the assistance of a professional athletic trainer, Adam Cotton, to put together this comprehensive weight training and aerobic pre-hunt work out:

Every one of these lifts should be done doing 2-3 sets of 10-15 reps. Each lift should be done with a smooth and controlled motion. This is not a work out to bulk you up. This is a workout to develop strength and endurance in the muscle groups that you will be using chasing big bull elk.

MONDAY	WEDNESDAY	FRIDAY
Bench Press (horizontal) - bar or dumbbells	Bench Press (horizontal) - bar or dumbbells	Bench Press (horizontal) - bar or dumbbells
Triceps Extensions - dumbbells or machine	Tricep Extensions - machine or dumbbells	Tricep Extensions - dumbbells or machine
Lat Pull Downs	Lat Pull Downs	Lat Pull Downs
Leg Extensions	Shoulder Shrugs	Leg Extensions
Hamstring Curls	Squats	Hamstring Curls
Bicep Curls		Abdominal Crunches
Abdominal Crunches		Bicep Curls

In addition to the workouts above, it is recommended to add in some cardiovascular training. This consists of walking, jogging, running, and or biking. These workouts should be done no less than 3 times per week, and should last 20-30 minutes. This could be the most important part of your preparation for the hunt.