

Recommended Pre-Hunt Preparation

Prepared for Stockton Outfitters, LLC

By

Adam Cotton, B.S. Applied Health Science

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

Bench Press (horizontal) - bar or dumbbells
Triceps Extensions - dumbbells or machine
Lat Pull Downs
Leg Extensions
Hamstring Curls
Bicep Curls
Abdominal Crunches

WEDNESDAY

Bench Press (horizontal) - bar or dumbbells
Triceps Extensions - machine or dumbbells
Lat Pull Downs
Shoulder Shrugs
Squats

FRIDAY

Bench Press (horizontal) - bar or dumbbells
Triceps Extensions - dumbbells or machine
Lat Pull Downs
Leg Extensions
Hamstring Curls
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.**



Bench Press Horizontal

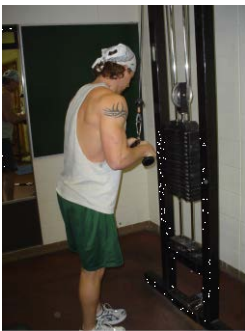
Bar



Or Dumbbells



Triceps Extensions



Lat Pull Downs



Leg Extensions



Hamstring Curl



Bicep Curls



Shoulder Shrugs



Squats

