

# West Coast Trail Workout Plan

## Day 1: Lower Body (Legs, Glutes, & Core)

### Targeted Muscles:

- Quads
- Hamstrings
- Glutes
- Calves
- Inner Thighs (Adductors)
- Outer Thighs (Abductors)
- Core

### Exercises:

#### 1. Leg Press (Quads, Glutes, Hamstrings)

- Foot placement for inner thighs: Feet close together, toes pointed slightly outward.
- Foot placement for outer thighs: Feet wider, toes pointed outward.

#### 2. Adductor Machine (Inner Thighs)

- Cable Alternative: Cable Adductor Pulls (with ankle strap).

#### 3. Abductor Machine (Outer Thighs)

- Cable Alternative: Cable Abductor Kicks (with ankle strap).

#### 4. Leg Curl (Hamstrings)

- Cable Alternative: Lying Cable Hamstring Curl (with ankle strap).

5. Seated Calf Raise Machine (Calves)

- Cable Alternative: Smith Machine Calf Raises or bodyweight calf raises.

6. Core (Plank or Russian Twists)

- Alternative: Cable Woodchoppers (focus on rotational core strength).

## Day 2: Upper Body (Push & Pull)

### Targeted Muscles:

- Chest
- Shoulders
- Triceps
- Back
- Biceps

### Exercises:

1. Chest Press Machine (Chest, Triceps)
  - Alternative: Dumbbell Chest Press.
2. Shoulder Press Machine (Shoulders, Triceps)
  - Alternative: Dumbbell Shoulder Press.
3. Lat Pulldown Machine (Back, Biceps)
  - Alternative: Cable Lat Pulldown.
4. Seated Row Machine (Back, Biceps)
  - Alternative: Cable Rows or Dumbbell Rows.
5. Tricep Pushdowns (Triceps)
  - Alternative: Cable Tricep Extensions.
6. Bicep Curls (Biceps)
  - Alternative: Dumbbell Bicep Curls.

## Day 3: Lower Body (Quad & Glute Focus)

### Targeted Muscles:

- Quads
- Glutes
- Hamstrings
- Calves
- Core

### Exercises:

1. Leg Extension Machine (Quads)
  - Alternative: Cable Leg Kicks (front of legs).
2. Glute Kickback Machine (Glutes)
  - Alternative: Cable Glute Kickbacks.
3. Lunges (Quads, Glutes, Hamstrings)
  - Alternative: Step-ups (with dumbbells or bodyweight).
4. Bulgarian Split Squats (Glutes, Quads)
  - Alternative: Step-ups.
5. Calf Raises (Seated or Standing) (Calves)
  - Cable Alternative: Smith Machine Calf Raises.
6. Core (Plank or Russian Twists)
  - Alternative: Cable Woodchoppers.

## Day 4: Full Body (Strength & Stability)

Targeted Muscles:

- Full Body (with emphasis on quads, glutes, core, and balance)

Exercises:

1. Smith Machine Squats (Quads, Glutes)

- Alternative: Goblet Squats with Dumbbell.

2. Single-Leg Romanian Deadlifts (Glutes, Hamstrings, Balance)

- Alternative: Dumbbell or Barbell RDLs.

3. Step-ups with Dumbbells (Glutes, Quads, Stability)

- Alternative: Bodyweight Step-ups.

4. Lat Pulldown Machine (Back)

- Alternative: Cable Rows.

5. Planks or Russian Twists (Core, Stability)

- Alternative: Cable Woodchoppers (rotational core).

## Key Notes for Backpacking Prep

- Core work: Be sure to include core stability exercises like planks, Russian twists, and cable woodchoppers. A strong core will help stabilize your back and hips as you carry weight.
- Balance and single-leg exercises: Add single-leg Romanian deadlifts, step-ups, and Bulgarian split squats to improve balance, which is essential for hiking on uneven terrain.
- Endurance: Consider adding some higher-rep sets (12-20 reps) with moderate weight for exercises like leg press, lunges, and calf raises to improve muscular endurance.
- Focus on quads and glutes: As you mentioned, building quads and glutes is important for climbing hills and long hikes. Keep the leg extensions, glute kickbacks, and lunges for additional work.