

HOW TO START RUCKING

wild
gym



WHAT IS RUCKING

Rucking is walking or hiking with weight.

BENEFITS

WHY YOU SHOULD RUCK

- Build FULL-BODY STRENGTH
- Burns 3x More Calories Than Walking
- Boost Your Confidence
- Increase Bone Density
- Improve Your Mood
- It's a Social Activity!

CARRY WEIGHT PROPERLY

Use a pack designed to keep the plates in a safe position high on your back and close to your body. Make sure the weight is secured tightly and does not move around.

START WALKING

Keep an upright posture as you walk with relaxed shoulders. The weight of the pack will naturally roll your shoulders back into proper position. Keep your core engaged as you walk or hike.

SLOWLY INCREASE WEIGHT AND DISTANCE

Start with 10 to 20 pounds a few times per week. As you develop more strength add weight and go for longer distances. Take the time to stretch and work mobility afterwards. Have fun and stay wild!

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