

MTN OPS

CONQUER FITNESS
TRAINING



ELK FIT PROGRAM

MOUNTAIN PREP & CONDITIONING

NUTRITION GUIDE • FITNESS PLAN • GOAL TRACKING

PROGRAM INTRODUCTION

It is time to kick it into gear and get ready for the elk woods. The Elk Fit Program is designed to test your body and whip you into shape so you can focus on the task at hand when it's go time. The program requires very little equipment and is only 3 days a week making it ideal for getting into shape and avoiding excuses. Start investing in your elk hunt now and you will pay yourself back in September. It's time to Conquer More!



DIG DEEP. FIND YOUR WHY.

BELIEVE IN YOURSELF. WE BELIEVE IN YOU.

You're reading this because you're ready to take it to the next level and we're here to help. Everyone has their 'why' and personal reasons for taking the first step towards being a better version of themselves. Whatever it is, write it down and think about it often. Remember why you started and why you're making these changes.

My Why: _____

SETTING GOALS

PERSONAL & FITNESS

Here at the start of your Elk Fit journey take a moment to think about what it is that will make this program a success and help you reach your goals.

Before you start, follow these easy goal setting steps to start making changes today.

STEP 1 // Write down your Goals

- 1 _____
- 2 _____
- 3 _____

STEP 2 // Set deadline to reach goals _____

STEP 3 // Pick one day a week to self-reflect & evaluate progress _____

**“I WILL PREPARE AND SOME DAY MY
CHANCE WILL COME.”**

- ABRAHAM LINCOLN

NUTRITION OVERVIEW

You're probably asking yourself, "Where do I start? What products should I take?" Don't worry, we've done the homework for you and created the MTN OPS® Conquer Strength System to give you everything you need to help accomplish your goals this coming September.

CONQUER STRENGTH SYSTEM

PHENIX | OX | MAGNUM | YETI



BENEFITS:



MUSCLE
RECOVERY



SUSTAINED
ENERGY



INCREASE
STRENGTH



EXPLOSIVE
PRE-WORKOUT

CAUTION: Consult your health care provider before taking supplements if you are pregnant, nursing, or have any known medical conditions.

PRODUCT USAGE / TIPS



MAGNUM™ // WHEY PROTEIN ISOLATE BLEND + BCAA'S

USAGE: Mix 1 serving (1 scoop) of **MAGNUM™** with 10-16 oz of water or milk. Drink 1-2 servings per day. For best results with muscle recovery and muscle build take 1 serving immediately following your workout or physical activity.



YETI™ // EXPLOSIVE PRE-WORKOUT - NO CRASH

USAGE: Mix one serving (1 scoop) of **YETI™** in 10-16 oz of water. As a PRE-WORKOUT, take one serving 30 min before workout of physical activity.



PHENIX™ // RAPID MUSCLE RECOVERY

USAGE: Take 1 serving (2 capsules) of **PHENIX™** immediately following an intense workout or strenuous activity. For best results take PHENIX following an increase in intensity level of your workout routine, when muscle soreness has increased.



OX™ // NATURAL BOOST OF TESTOSTERONE

USAGE: Take 1 serving (3 capsules) of **OX™** daily with a full glass of water. Choose either morning or night to take MTN OPS OX™ in a routine most convenient to you and stay consistent on a daily basis.

ELK FIT PROGRAM

WORKOUT OVERVIEW

It doesn't matter the time of year, as elk hunters we're ALWAYS counting down the day until that magical time of year - September. With hunting season just around the corner, the time to prepare is now. Start our 90 Day Elk-Fit Program today, to help you prepare for success this fall. **COMMIT TO CONQUER SEPTEMBER**

FOR BEGINNERS: Use body weight and resistance bands to complete exercises.

FOR EXPERTS: Add 25-45 lbs in your pack with either a sandbag or weight plate.

PHASE 1 - 3 DAYS A WEEK // 16 TOTAL MOVEMENTS

Whether it's your first time out west or you're a veteran elk hunter, phase 1 will challenge your body, increase your stamina, and sky-rocket your confidence as you get ready to pack in this fall.

PHASE 2 - 3 DAYS A WEEK // 16 TOTAL MOVEMENTS

Taking the same 45 minute, 3 days a week approach, you'll now be implementing "rest-pause" sets. A rest-pause set requires you to push to failure for 3 sets with a short period of time in-between, usually 30-60 seconds. You'll decrease in reps per set but the stamina gains and lean muscle growth will be worth the effort. Remember, each day still starts with 20 minutes of cardio focusing one day on distance, the next on elevation, and of course HIIT cardio regimen. Remember to keep pushing, challenge yourself and never EVER quit.

PHASE 3 - 3 DAYS A WEEK // 16 TOTAL MOVEMENTS

We saved the best for last - Phase 3 is the final and the most challenging stage to the Elk-Fit Program. Keeping the same staple exercises we've used in the first 2 phases, we'll now be incorporating another form of HIIT training known as Tabata. Tabata is a high-interval training that will require both your strength and endurance. Each exercise will be broken down into 8 sets. Each set is performed for max reps in 20 seconds with 10 seconds of rest in-between. As soon as the rest period is over, you're right back into the next set.

DAY 1 - LOWER BODY

Start Day 1 off with 20 minutes of cardio for distance. Go as far as you can!

	MOVEMENTS	SET x REPS
#1	SQUATS	4 sets x 20 reps
#2	STEP UPS	4 sets x 20 reps [10 each leg]
#3	BULGARIAN SPLIT SQUAT	4 sets x 20 reps [10 each leg]
#4	LUNGES	4 sets x 20 reps [10 each leg]
#5	CALF RAISES	4 sets x 30 reps [each leg]
#6	TIC-TAC TOES [ABS]	4 sets x 20 reps [10 each leg]

DAY 2 - UPPER BODY

Start Day 2 off with 20 minutes for elevation. Get as high as you can!

	MOVEMENTS	SET x REPS
#1	BENT OVER ROWS	4 sets x 20 reps
#2	PUSH UPS	4 sets x 20 reps
#3	SHOULDER PRESS	4 sets x 20 reps
#4	TRICEP DIPS	4 sets x 20 reps
#5	GOOD MORNINGS	4 sets x 20 reps
#6	WEIGHTED SIT-UPS	4 sets x 20 reps

DAY 3 - CORE

Start day 3 off with 20 minutes HIIT for distance or elevation (1 minute normal, 1 minute high intensity).

	MOVEMENTS	SET x REPS
#1	PLANKS FRONT	4 sets x 30 seconds holds
#2	SIDE PLANKS [BOTH SIDES]	4 sets x 30 seconds
#3	LEG LIFT HOLD	4 sets x 30 seconds
#4	HILL CLIMBERS	4 sets x 30 seconds

DAY 1 - LOWER BODY

Start Day 1 off with 20 minutes of cardio for distance. Go as far as you can!

	MOVEMENTS	SET X REPS
#1	SQUATS	3 sets to failure [rest 30-60 seconds]
#2	STEP UPS	3 sets to failure [rest 30-60 seconds]
#3	BULGARIAN SPLIT SQUAT	3 sets to failure [rest 30-60 seconds]
#4	LUNGES	3 sets to failure [rest 30-60 seconds]
#5	CALF RAISES	3 sets to failure [rest 30-60 seconds]
#6	TIC-TAC TOES [ABS]	3 sets to failure [rest 30-60 seconds]

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#1	PLANKS FRONT	3 sets to failure [rest 30-60 seconds]
#2	SIDE PLANKS [BOTH SIDES]	3 sets to failure [rest 30-60 seconds]
#3	LEG LIFT HOLD	3 sets to failure [rest 30-60 seconds]
#4	HILL CLIMBERS	3 sets to failure [rest 30-60 seconds]

DAY 1 - LOWER BODY

Start Day 1 off with 20 minutes of cardio for distance. Go as far as you can!

	MOVEMENTS	SET x REPS
#1	SQUATS	8 sets x 20 seconds [10 sec. rest between]
#2	STEP UPS	8 sets x 20 seconds [10 sec. rest between]
#3	BULGARIAN SPLIT SQUAT	8 sets x 20 seconds [10 sec. rest between]
#4	LUNGES	8 sets x 20 seconds [10 sec. rest between]
#5	CALF RAISES	8 sets x 20 seconds [10 sec. rest between]
#6	TIC-TAC TOES [ABS]	8 sets x 20 seconds [10 sec. rest between]

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MAXIMIZE OUR TOOLS

Nutrition is a critical component to your success when working to gaining strength and getting into shape. It doesn't matter how hard you train, if your diet and nutrition aren't in check, you'll be spinning your wheels. Be sure to visit **MTNOPS.COM/FITNESS** for easy to follow Meal Plans, Recipes, and more that will keep your metabolism fired up and your body performing at it's very best.



RECIPES AND MEAL PLANS AVAILABLE AT **MTNOPS/FITNESS**

JOIN OUR CONQUER FITNESS GROUP



MEET LIKE-MINDED POSITIVE INDIVIDUALS

ALL WITH THE GOAL TO #CONQUERFITNESS

There's no better way to stay motivated than to surround yourself with like-minded, positive, driven individuals that have the same goal in mind. It doesn't matter where you are, how fit you are or how much you know. Become part of our MTN OPS Family and feel the positive energy that comes with joining our **CONQUER FITNESS** Facebook Group.

