

Rucking 101

Copyright Sharon Vuelta

What is rucking and why should you do it?

Rucking is just **weighted** walking. You've probably walked with a backpack with weight whilst on holiday or commuting to school or work. We've all done some form of this in the past!

Rucking is a form of **cardio** and is more effective than walking alone. It's more forgiving on the joints than running. It's great for anyone who wants to level up their walking game!

If you can walk, you can ruck. Provided that you don't have any major back or shoulder issues. It's very accessible to most levels and ages.



“Walk... get fit, live better & feel better!”

Benefits of Rucking include:

- ✓ Building strength
- ✓ Building muscle
- ✓ Improving endurance
- ✓ Improving cardio fitness
- ✓ Burning more calories than walking
- ✓ Good for building back strength & improved posture (ruck with an upright posture and don't bend forward)
- ✓ Gets you outdoors and a healthy dose vitamin D 🤙👍

Key information



When **loading** your backpack start light and increase gradually as fitness improves.

It is suggested you start with around **10%** of your bodyweight and progress towards 25-30% max.

The **distances** should be shorter to begin, progressing to longer walks as fitness improves. Keep in mind longer walks may require lighter loads.

Equipment needed is minimal. You can start with a sturdy backpack with padded shoulder straps. Straps around the hips or sternum are ideal but optional.

You can load your **backpack** with anything as long as it feels comfortable and the weights are well distributed inside. Check that the weights are not digging or poking through the backpack. Flat weight plates work really well as do sand bags, books, water bottles or dumbbells wrapped in towels.

As with any exercise, make sure you're well hydrated, wearing comfortable and appropriate footwear and clothing.

In essence, you really don't need much to get started!

Walk... get fit, live better & feel better!

Let's go! 🚀

I'm Sharon Vuelta a certified personal trainer and nutritionist based in London, UK. I offer group fitness, 1-1 pt sessions and nutrition coaching. You can often find me rucking around the many canals & marshes in London!

Check out my website and follow me on instagram

www.liftwellness.co

Instagram @sharonvuelapt