

# A REPRINT ARTICLE FROM



# GRAND SLAM CLUB/OVIS

## THE SIX MINUTE HILL by DENNIS CAMPBELL

I personally believe that it takes either a truly tough son-of-a-gun or a real idiot to go on a sheep hunt while out of shape. Even you tough guys surely must realize that things could be so much better if you get in shape! Actually, my hat is off to you folks who can tough it out for a week or more with rubber legs, burning muscles, gasping breathing, aching, and soreness. I must be a wuss (to use a politically incorrect term) because I do not have the intestinal fortitude to do it... I get in sheep shape, you see.

I just read over an article I wrote way back in 1984 about getting in shape. I called it **CONDITIONING: IS IT WORTH IT?** The article went into great depth about how to get in shape. My regimen back then included jumping rope, pushups, bicycling, walking (hiking), climbing steps, and jogging. **WHEW!!** It wore me out just reading that old article... which, I suppose, was written when I was 16 years younger.

About 10 years ago, I threw away the old complicated workout and went to the “KISS” method (Keep It Simple, Stupid). I now do **THE SIX MINUTE HILL**.

This is so simple that a lot of you will think it cannot possibly work... but believe me, it does!! Actually, one could, and should, do it year round. However, if you cannot or will not do that, at least know that six weeks is enough to get in sheep shape.... and **WOW**, eight to twelve weeks would be so much better. Is this just for young folks? Heck no, I believe **THE SIX MINUTE HILL** can work for anyone who can walk!

### **TIPS:**

- Consult your physician **FIRST!**
- Start slowly and work up from there.
- Try to average over three times a week (every other day is best)
- If you miss a workout or two (or three or four), do not get discouraged, but start back where you left off... or even at the previous level.

Just what is this **SIX MINUTE HILL** and/or the workout? It is simply a hill you can walk up **AND** down within six minutes. (Let's be reasonable here and say that it could be a 7-or-8-minute hill, too.) Naturally, if you are out of shape it might take a little longer the first few times, but generally speaking let's use six minutes as an average one. Of course, you should realize that it will be about 3 1/2 minutes up and 2 1/2 minutes down to equal the six minutes.

The first time out, you may only make it two or three times, but the ultimate goal is an hour's worth. Now, that is pretty simple as approximately 10 times if it is a true six-minuter (goofy word, huh... minuter?). This would equate nine times for a 7-minuter, and seven or eight times for a tough 8-minuter. Sounds stupid? **IS IS NOT**, as it **ACTUALLY WORKS**.

Here is more simplicity: You can start out of shape and work up slowly, but still feel the accomplishment that goes along with it. Let's say, for example, that you are 75 pounds overweight. You will probably start with only two times, and it will still hurt. However, I promise that the every-other-day regimen will give you time to recover for the next workout. I also promise that after three or four times you will feel good enough to move on to three times, **AND** you will feel good about yourself also. If you are 75 pounds overweight you will need more

than six weeks to get in sheep shape. We need to be “real” here, now. Will you lose weight doing this? I guarantee it!!

PUSHUPS? Did I forget that? Guess I did. Yes, I do pushups too on **THE SIX MINUTE HILL**. When? At the bottom! I walk up and then down, of course, and do the pushups at the bottom each time. I will not tell you how many I do, because they come easy for me, but however many you can do will be okay. You can even do them “girly style” (there we go being politically incorrect again), in which you get on your knees rather than stretching out your body. The main thing is to do them, because your upper body strength is very important for sheep hunting too.

So, let’s clarify this deal a little. Say you begin with only two trips up and down the hill. At the bottom, you are able to do only five pushups, so you do them. Two days later you do the same, and two days after that you can probably do seven or eight pushups each time. I have noticed that you move up easier on the pushups than a new time at the hill. I fully believe that a person can begin at the lower level, such as two times on the hill and 10 pushups, and 12 weeks later be at eight times on the hill and 120 pushups. You will also have lost a lot of weight if you are extremely overweight. Again, let me emphasize that this thing... or ANY workout... can be dangerous. Get a thorough checkup from your doctor and discuss this type of workout with him or her.

Okay, okay... I know what you are thinking. **HOW STEEP SHOULD THE HILL BE?** It really does not matter much. Just stay away from the too-flat ones, because you will never get your heart rate up to where it needs to be. Also, the really steep ones are not good because it will be difficult to work up your number to 8 to 10 up-and-down trips.

**OTHER TIPS** • Wear your boots • Try to walk on grass or dirt, rather than pavement • Stretch before starting • Mornings rather than evenings seem to be better for me • Packs are not necessary, but acceptable, as they will increase your intensity level; get to the 8-to-10 level before adding a pack, however.

One more promise: If you will work up slowly (8 to 12 weeks) and average over three times per week... if you will get to a one-hour level, which equates to 8 to 10 times up and down... if you will slowly work your pushups up to a reasonable level for your ability... then, **YOU WILL BE IN SHEEP SHAPE.**

Shucks, now I will tell you. I am 48 years old, 200 to 205 pounds, six feet tall, and my hill is a 7-minuter. I do the hill eight or nine times, three or four days per week, and do 45 pushups per time. On an 8-time day, that equates to 360 pushups and on a 9-time day it is 405 pushups. I am average, but in sheep shape at this level. If you are older, shorter, heavier, taller, have health problems, or have trouble doing pushups, naturally you should do less. Obviously I started at a much lower level and worked up to where I am now. Also, as stated earlier, I have always been able to do pushups easily. This workout has worked for me for a long time, and will work as well for you as it does for me.