



## **Free 7 Day Self Care For Hikers**

Here are your seven FREE videos!  
Remember, these are just a sample from the larger and more comprehensive Self Care Program For Hikers. To get instant access to the full program, [click here.](#)

# Clickable Video Links

**Self Care Lower Leg Mini Course**

**Self Care Quads Mini Course**

**Self Care Foot Mini Course**

**Self Care Shoulder & Neck Mini Course**

**Self Care Calf Mini Course**

**In Camp Recovery Routine For Hikers**

**Rest Stop Recovery For Hikers**