



# 15 Minute Trail Rider Tune Up Workout Programs Manual

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## **Disclaimer**

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including this workout. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this workout, please follow your doctor's orders.

## Table of Contents

- Getting Started	pg. 6
- Video Demo Album Access Instructions	pg. 7
- Other Resources	pg. 36

### The 15 M-TRTU Workouts

- Overall Conditioning	
- 15 M-TRTU # 6	pg. 13
- 15 M-TRTU #11	pg. 18
- 15 M-TRTU #12	pg. 19
- 15 M-TRTU #18	pg. 25
- 15 M-TRTU #20	pg. 27
- 15 M-TRTU #21	pg. 28
- 15 M-TRTU #22	pg. 29
- Body Position	
- 15 M-TRTU #5	pg. 12
- 15 M-TRTU #10	pg. 17
- 15 M-TRTU #15	pg. 22
- 15 M-TRTU #17	pg. 24
- 15 M-TRTU #27	pg. 34
- Cornering	
- 15 M-TRTU #1	pg. 8
- 15 M-TRTU #16	pg. 23
- 15 M-TRTU #24	pg. 31

- Standing Pedaling

- 15 M-TRTU #2 pg. 9
- 15 M-TRTU #4 pg. 11
- 15 M-TRTU #8 pg. 15
- 15 M-TRTU #14 pg. 21
- 15 M-TRTU #19 pg. 26

- Seated Pedaling

- 15 M-TRTU #26 pg. 33

- Hips/ Low Back Focus

- 15 M-TRTU #7 pg. 14
- 15 M-TRTU #9 pg. 16
- 15 M-TRTU #28 pg. 35

- Neck/ Shoulders Focus

- 15 M-TRTU #3 pg. 10
- 15 M-TRTU #13 pg. 20
- 15 M-TRTU #25 pg. 32

- Knee/ Ankle Focus

- 15 M-TRTU #23 pg. 30



## Getting Started

The 15 M-TRTU workouts can help you improve mobility, increase core strength and develop body awareness in one compact package. Each workout addresses 3 major aspects of being a better trail rider:

**#1: Mobility** - these exercises will work on joint mobility in the shoulders, hips, knees and ankles. They will help you improve your mobility and body awareness.

**#2: Core** -These exercises will target the the core muscles. They will help you build a strong platform and injury resistant lower back.

**#3 Strength** – These exercises target specific primal movement skills. They will help you practice and strengthen the movements you need on the trail.

**#4 Cardio (optional)** - Some workout will have an optional cardio circuit that will get your heart rate racing, the blood pumping and leave you sweaty and smiling.

## Timing Your Circuits

- Get a countdown timer and set it to the time indicated for the Mobility Circuit. While I use and recommend a Gym Boss (<http://tinyurl.com/al9pul> ) you can also use an egg timer, a watch or even download an app for your phone.
- Start the timer and begin the first exercise circuit. You will do one set of the first exercise and then a set of the second exercise, rotating back and forth between them until the timer goes off.
- Reset the timer and start it again, moving to the next circuit. Once the timer goes off stop and repeat as needed for that individual workout.

The workouts are pretty simple, which is the point. You don't have a lot of time to think when all you have is 15 minutes (20 with the cardio circuit). Fit one of these routines in 2-4 times a week for the next few weeks and you'll notice the difference.

## **Video Demo Access Instructions**

Each 15 M-TRTU workout has a video demo in which I show you how to do each exercise and explain exactly how to do the workout. Just highlight and copy the link below and paste it into your browser to access the video demos.

<https://vimeo.com/album/2121574>

When prompted for a password type in **15mtrtu102212** and then hit enter.

You can search through the videos by clicking on the “Search these videos link” located towards the center of the webpage. Simply type in the number of the workout you are looking for and hit enter. Just click on the right video from the ones that pop up and watch the demonstration of the exercises.

### **Downloading Video Demos**

You can also download the MP4 file of each video. Right click on the “Download this video” link located on the right hand side of the homepage for the video and select “Save as”.

\*Please note that you will have to sign up for a free vimeo.com account in order to access the download link.\*

## **15 M-TRTU #1 – Cornering**

### **Equipment needed for this workout:**

- None (moderately heavy kettlebell/ dumbbell and ValSlides optional)

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### **Mobility Circuit (5 Minutes):**

- Wall Squats X 5 reps
- Down Dog/ Cobra “Prying” Drill X 3-5 reps

### **Core Circuit (5 Minutes):**

- Inch Worm X 5
- Windmill X 5 each side

### **Strength Circuit (5 Minutes):**

- Push Ups X 5
- Bulgarian Split Squats X 5 reps each leg

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Video Demo - <https://youtu.be/Mjxmk39ubxY>



## **15 M-TRTU #2 – Standing Pedaling**

### **Equipment needed for this workout:**

- None (moderately heavy kettlebell/ dumbbell and ValSlides optional)

---

### **Mobility Circuit (5 Minutes):**

- Reverse Lunge w/ High Knee & Twist X 3-5
- Chest Stretch X 5 breathes

### **Core Circuit (5 Minutes):**

- Get Up Sit Up X 3-5
- Body Saws X 8

### **Strength Circuit (5 Minutes):**

- Push Ups X 5
- Reverse Lunge/ ValSlide Reverse Lunge X 5

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Video Demo - <https://youtu.be/RdXW4krh5B8>

## **15 M-TRTU #3 – Shoulder Focus**

### **Equipment needed for this workout:**

- Dowel/ Broomstick
  - Moderately heavy kettlebell/ dumbbell
- 

### **Mobility Circuit (5 Minutes):**

- Overhead Shoulder Dislocations X 8
- Bretzel X 5 breathes

### **Core Circuit (5 Minutes):**

- Turkish Get Up X 1 (alternate sides after each rep for 5 minutes)

### **Strength Circuit (5 Minutes):**

- Clean & Press X 3
  - Uni RDL X 5
- 

Video Demo - <https://youtu.be/M7WM6blhw38>

## **15 M-TRTU #4 – Standing Pedaling**

### **Equipment needed for this workout:**

- Dowel/ Broomstick
  - Moderately heavy kettlebell/ dumbbell
- 

### **Mobility Circuit (5 Minutes):**

- Hamstring Stretch X 5 breathes
- Chest Stretch X 5 breathes

### **Core Circuit (5 Minutes):**

- Windmill X 5 reps
- Pulse Squat X 5 reps

### **Strength Circuit (5 Minutes):**

- 1 Leg Press X 3
  - 1 Leg Row X 3
- 

Video Demo - <https://youtu.be/Uuf-fJIN0sl>

## **15 M-TRTU #5 – Body Position**

### **Equipment needed for this workout:**

- Moderately heavy kettlebell/ dumbbell
- 

### **Mobility Circuit (5 Minutes):**

- ½ Kneeling T-Spine Twist X 8 reps
- Leg Swings X 8 reps

### **Core Circuit (5 Minutes):**

- Halos X 6 reps
- Get Up Sit Up X 6 reps

### **Strength Circuit (5 Minutes):**

- Clean & Press X 5 reps
  - Suitcase Deadlift X 5 reps
- 

Video Demo - <https://youtu.be/FEbXUJCqhLk>

## **15 M-TRTU #6 – Overall Conditioning**

### **Equipment needed for this workout:**

- Moderately heavy kettlebell/ dumbbell
- 

### **Mobility Circuit (5 Minutes):**

- Pigeon Pose Stretch X 3 reps each leg
- Big X's X 8 reps each way/ each arm

### **Core Circuit (5 Minutes):**

- Arm Bar X 3 reps (keep switching sides after 3 reps for the entire time)

### **Strength Circuit (5 Minutes):**

- Squat & Press X 5 reps each arm
  - Single Leg RDL with Row X 5 reps each leg
- 

Video Demo - [https://youtu.be/WcVYkm0ju\\_w](https://youtu.be/WcVYkm0ju_w)

## **15 M-TRTU #7 – Hips/ Low Back Focus**

### **Equipment needed for this workout:**

- Moderately heavy kettlebell/ dumbbell

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### **Mobility Circuit (5 Minutes):**

- Half Kneeling Ankle MOB/ Groin Stretch X 20 reps
- Half Kneeling T Spine Twist X 10 reps

### **Core Circuit (5 Minutes):**

- Touch the Wall Deadlifts X 20 reps
- Overhead Marching X 15 reps each arm

### **Strength Circuit (5 Minutes):**

- Single Leg Deadlift X 10 reps (5 weighted/ 5 bodyweight)
- Single Arm Kneeling Shoulder Press X 6 reps each arm

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Video Demo - <https://youtu.be/jZAZaqD6gVQ>

## **15 M-TRTU #8 – Standing Pedaling**

### **Equipment needed for this workout:**

- TRX
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### **Mobility Circuit (5 Minutes):**

- Dynamic Y X 5
- Cross Behind Lunge X 5 each leg

### **Core Circuit (5 Minutes):**

- Prone Jack Knife or Pike X 10
- Pendulum X 10 each way

### **Strength Circuit (5 Minutes):**

- Balance Lunge with High Knee X 10 each leg
- Single Arm Inverted Row X 10 each side

### **Cardio Circuit (5 Minutes optional)**

- Jump Squat X 10/ Push Up X 10/ Inverted Row X 10
- 

Video Demo - <https://youtu.be/kPCMg9zJ3fg>

## **15 M-TRTU #9 – Hips/ Low Back Focus**

### **Equipment needed for this workout:**

- Moderately heavy kettlebell/ dumbbell

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### **Mobility Circuit (5 Minutes):**

- Half Kneeling Ankle & T-Spine Drill
- Hip Flexor Stretch

### **Core Circuit (5 Minutes):**

- Active Straight Leg Raise X 5 reps each leg
- Touch the Wall Deadlift X 10 reps

### **Strength Circuit (5 Minutes):**

- Deadlift X 10 reps
- Push Ups X 10 reps

### **Cardio Circuit (5 Minutes optional)**

- Swings X 20 reps/ as many set as possible in 5 minutes

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Video Demo - <https://youtu.be/h6MO27RhSVg>



## **15 M-TRTU #10 – Body Position**

### **Equipment needed for this workout:**

- Moderately heavy kettlebell/ dumbbell
- 

### **Mobility Circuit (5 Minutes):**

- Down Dog to Cobra X 5
- Wall Squat X 5

### **Core Circuit (5 Minutes):**

- Split Stance Halo X 5 each leg position
- Get Up Sit Ups X 5

### **Strength Circuit (5 Minutes):**

- Split Squat w/ Press X 5 each side
- Bent Row X 5 each side

### **Cardio Circuit (5 Minutes optional)**

- Single Arm Swings X 15 reps each side
  - Burpees X 10
- 

Video Demo - [https://youtu.be/YieHECm\\_KzA](https://youtu.be/YieHECm_KzA)

## **15 M-TRTU #11 – Overall Conditioning**

### **Equipment needed for this workout:**

- Moderately heavy kettlebell/ dumbbell & a light kettlebell or dumbbell

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### **Mobility Circuit (5 minutes):**

- Tactical Frog Stretch
- Hip Flexor Stretch X 5 reps

### **Core & Strength Circuit (10 minutes):**

- Deadlift X 10/15/20 rep ladder
- Goblet Squat X 2/5/10 rep ladder
- Single Arm Tall Kneeling Press X 2/5/10 rep ladder (each arm)

### **Cardio Circuit (5 Minutes optional)**

- Single Arm Swings X 20 reps each side
- Burpees (optional) X 10

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Video Demo - <https://youtu.be/IJkLOMGkS8>

## **15 M-TRTU #12 – Overall Conditioning**

### **Equipment needed for this workout:**

- Moderately heavy kettlebell/ dumbbell

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### **Mobility Circuit (5 minutes):**

- Down Dog to Cobra X 5 reps
- Side Lying T-Spine Twist X 10 reps each side

### **Core & Strength Circuit (10 minutes):**

- Pulse Squat X 2/4/6 rep ladder
- Bent Row X 5/10/15 rep ladder
- Halos X 2/4/6 rep ladder

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Video Demo - <https://youtu.be/w5FNljZzVto>

## **15 M-TRTU #13 – Shoulder/ Neck Focus**

### **Equipment needed for this workout:**

- Moderately heavy kettlebell/ dumbbell

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### **Mobility Circuit (5 minutes):**

- ½ Kneeling Ankle MOBs X 20 reps each side
- ½ Kneeling T Spine Twist X 12 reps each side

### **Core & Strength Circuit (10 minutes):**

- Halo X 6 reps
- Split Squat X 6 reps
- Overhead March X 6 reps

### **Cardio Circuit (5 Minutes)**

- Single Arm Swing X 20 reps each arm
- Burpee X 10 reps

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Video Demo - <https://youtu.be/uuXYbCKPwLg>

## **15 M-TRTU #14 – Standing Pedaling**

### **Equipment needed for this workout:**

- Moderately heavy kettlebell/ dumbbell

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### **Mobility Circuit (5 minutes):**

- Arm Bar

### **Core & Strength Circuit (10 minutes):**

- Goblet Squat X 2/4/6 rep ladder
- Push Up X 5/10/15 reps ladder

### **Cardio Circuit (5 Minutes)**

- High Pull or Snatch X 10 reps each arm

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Video Demo - [https://youtu.be/F1nrrX20L\\_o](https://youtu.be/F1nrrX20L_o)

## **15 M-TRTU #15 – Body Position**

### **Equipment needed for this workout:**

- Moderately heavy kettlebell/ dumbbell

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### **Mobility Circuit (5 minutes):**

- Hip Flexor Stretch X 5 reps
- Wall Squat X 6 reps

### **Core & Strength Circuit (10 minutes):**

- Clean & Press X 1/2/3 rep ladder
- Get Up Sit Up X 2/4/6 rep ladder

### **Cardio Circuit (5 Minutes)**

- Swing

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Video Demo - <https://youtu.be/4fvcbodwBL4>

## **15 M-TRTU #16 - Cornering**

### **Equipment needed for this workout:**

- Moderately heavy kettlebell/ dumbbell

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### **Mobility Circuit (5 minutes):**

- Hip Flexor Stretch X 5 reps
- Halos X 6
- Touch the Wall Deadlifts X 10

### **Core & Strength Circuit (10 minutes):**

- Clean & Press X 2/3/5 rep ladder
- TGU Windmill X 2/3/5 rep ladder

### **Cardio Circuit (5 Minutes)**

- Swing/ Goblet Squat Countdowns 10/9/8/7/6/5/4/3/2/1

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Video Demo - <https://youtu.be/5i9grceFlhA>

## **15 M-TRTU #17 – Body Position**

### **Equipment needed for this workout:**

- Moderately heavy kettlebell/ dumbbell

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### **Mobility Circuit (5 minutes):**

- Down Dog/ Cobra X 5
- Halos X 5
- Wall Squats X 5

### **Core & Strength Circuit (10 minutes):**

- Single Arm Overhead Press X 3 reps/ 2 rung weight ladders
- Deadstop Swing X 5 reps/ 2 rung weight ladders

### **Cardio Circuit (5 Minutes)**

- Swing X 20 reps/ 10 breathes

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Video Demo - <https://youtu.be/GYgVrOOaukc>



## **15 M-TRTU #18 – Overall Conditioning**

### **Equipment needed for this workout:**

- Moderately heavy kettlebell/ dumbbell

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### **Mobility Circuit (5 Minutes):**

- Halos X 6 reps each way
- Frog Stretch

### **Core Circuit (5 Minutes):**

- RKC Plank X 3 reps
- Anti-Rotation Press X 6 reps

### **Strength Circuit (5 Minutes):**

- Reverse Lunge X 5 reps each leg
- Push Ups X 10 reps
- Standing Rows X 15 reps

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Video Demo - <https://youtu.be/a0698z7h3Ss>

## **15 M-TRTU #19 – Standing Pedaling**

### **Equipment needed for this workout:**

- Moderately heavy kettlebell/ dumbbell

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### **Mobility Circuit (5 Minutes):**

- 3 Way Neck X 8 reps each way
- Hip Flexor Stretch X 5 reps

### **Core Circuit (5 Minutes):**

- Pulse Squats X 6 reps
- Side Plank X 3 reps

### **Strength Circuit (5 Minutes):**

- Single Leg Squat X 1/2/3 reps ladder
- Push Ups X 5/10/15 reps ladder

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Video Demo - <https://youtu.be/44oY3qJcVG8>

## **15 M-TRTU #20 – Overall Conditioning**

### **Equipment needed for this workout:**

- Moderately heavy kettlebell/ dumbbell
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### **Mobility Circuit (5 Minutes):**

- 3 Way Neck
- Egyptians
- Hula Hoop Circles
- Knee Circles
- Squat-to-Stand

### **Core & Strength Circuit (10 Minutes):**

- Single Arm Clean – Squat – Shoulder Press X 8 reps

or

- Single Arm Clean – Reverse Lunge – Shoulder Press X 8 reps

### **Cardio Circuit:**

-15 seconds work/ 15 seconds rest X 10 rounds: Get 10-12 swings each 15 second interval

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Video Demo - <https://youtu.be/IOFc0-NfgUw>

## **15 M-TRTU #21 – Overall Conditioning**

### **Equipment needed for this workout:**

- Bodyweight
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### **Mobility Circuit X 1-2 rounds or 5 minutes:**

- 3 Way Neck
- Fist Exercise
- Elbow Circles
- Side Wall Reach
- Naked Windmill

### **Core & Strength Circuit X 2 rounds or 10 minutes:**

- Bodyweight Squats X 10-30 reps
- Push Ups X 8-20 reps
- Leg Raises X 5-20 reps

### **Cardio Circuit (5 minutes/ optional):**

- Burpee w/ Jump: 30 seconds work/ 30 seconds rest X 5 rounds
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Video Demo – <https://youtu.be/VrafDhmezoY>

## **15 M-TRTU #22 – Overall Conditioning**

### **Equipment needed for this workout:**

- Bodyweight

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### **Mobility Circuit (5 minutes):**

- Bretzel 2.0

### **Core & Strength Circuit (10 minutes):**

- Wall Headstand or Handstand X 10-60 sec.
- Head Bridge or Bridge X 5-15 reps
- Single Leg Squat or Pistol Squat X 1-5 reps each leg

### **Cardio Circuit (5 Minutes)**

- Swing X 20 reps on the minute (set a timer for 1 minute and do 20 reps, rest until it goes off and then do another 20 reps, repeating for 5 rounds)

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Video Demo - <https://youtu.be/99kHZtZq-Rk>

## **15 M-TRTU #23 – Ankles/ Knee Focus**

### **Equipment needed for this workout:**

- Bodyweight/ Medium KB-DB

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### **Circuit #1 (5 minutes):**

- Foam Rolling/ Self Massage on the calves

### **Circuit #2 (5 minutes):**

- ½ Kneeling Ankle MOB
- Active Calf Stretch X 10 each leg

### **Circuit #3 (5 Minutes)**

- Single Arm/ Single Leg Shoulder Press X 5
- Farmers Walk X 10 paces

Do a set of 5 reps on the Single Arm/ Single Leg Press, bring the KB down to your side and then do your Farmers Walk. Switch arms after your Farmers Walk and repeat the process on the other side, alternating until time is up.

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Video Demo - <https://youtu.be/JnuH-9Swkkg>

## **15 M-TRTU #24 – Cornering**

### **Equipment needed for this workout:**

- Moderately heavy kettlebell/ dumbbell and a broomstick
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### **Mobility Circuit (5 Minutes):**

- Stick Windmill X 5
- Chest Stretch X 5 breathes

### **Core Circuit (5 Minutes):**

- ½ Kneeling Halo X 5 reps
- Bird Dog Touches X 5 reps

### **Strength Circuit (5 Minutes):**

- KB Windmill X 3-5 reps
  - Single Arm Floor Press X 5 reps
- 

Video Demo - <https://youtu.be/n9S6wAOtmZI>

## **15 M-TRTU #25 – Shoulders/ Neck Focus**

### **Equipment needed for this workout:**

- Moderately heavy kettlebell/ dumbbell and a bench

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### **Mobility Circuit (5 Minutes):**

- Frog Pose Head Nods X 5
- Frog Pose Look Behinds X 5
- Frog Pose T-Spine Twist X 5

### **Core Circuit (5 Minutes):**

- Arm Bar X 5 reps
- Tall Kneeling Halo X 5 reps

### **Strength Circuit (5 Minutes):**

- Bat Wings X 5 reps
- Farmers Walk X 50 paces

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Video Demo - <https://youtu.be/l5uNHdyKgiw>



## **15 M-TRTU #26 – Seated Pedaling**

### **Equipment needed for this workout:**

- Moderately heavy kettlebell/ dumbbell

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### **Mobility Circuit (5 Minutes):**

- Hip Flexor Stretch X 5 breathes
- Glute Stretch X 5 breathes

### **Core Circuit (5 Minutes):**

- Leg Raise X 5-10 reps
- Kneeling Inch Worm X 5 reps

### **Strength Circuit (5 Minutes):**

- Stagger Stance Deadlift X 5 reps each leg
- Bent Row X 5 reps

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Video Demo - <https://youtu.be/--LVC8Vrss0>

## **15 M-TRTU #27 – Body Position**

### **Equipment needed for this workout:**

- Moderately heavy kettlebell/ dumbbell

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### **Mobility Circuit (5 Minutes):**

- Touch the Wall Deadlifts X 5
- Sphinx Reaches X 5 each side

### **Core Circuit (5 Minutes):**

- Glute Bridge X 10 reps
- Reach-Roll-Lift X 5 reps each side

### **Strength Circuit (5 Minutes):**

- Bulgarian Goat Bag Swing X 10 reps
- “Real” Push Ups X 5-10 reps

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Video Demo - <https://youtu.be/YcdFETYN-CA>

## **15 M-TRTU #28 – Hips/ Low Back Focus**

### **Equipment needed for this workout:**

- Moderately heavy kettlebell/ dumbbell and a bench/ couch

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### **Mobility Circuit (5 Minutes):**

- Quad & Hip Flexor Stretch X 5 breathes
- Shoulder Stretch X 5 breathes

### **Core Circuit (5 Minutes):**

- High Plank X 1 minute
- Baby Crawls X 2 rounds of 4 paces Forward, Right, Backward and Left

### **Strength Circuit (5 Minutes):**

- Bridge on Bench or Single Leg Bridge on Bench X 5-10 reps
- Single Arm Farmers Walk X 40 paces each side

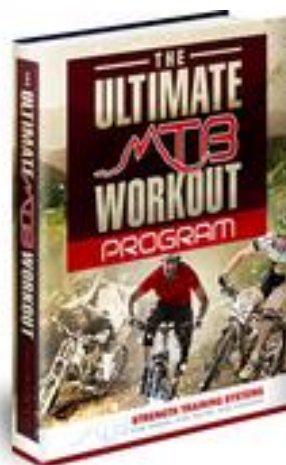
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Video Demo - <https://youtu.be/FW6z1TMv8Ag>

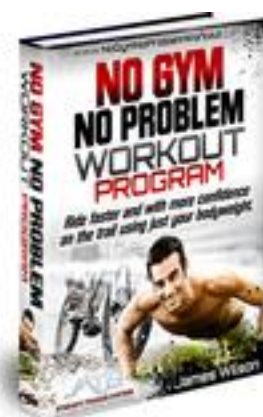
## Other Resources:

Here are some additional workout programs that you might find helpful on the path to riding with more speed, endurance and confidence on the trail...

- **The Ultimate MTB Workout Program:** This workout program is designed with one simple purpose - to be the best mountain bike training program on the planet. When you are ready to take your training program to the highest level possible then you can't do better than this workout program. Based on my years of working with some of the best riders on the planet, this truly is the Ultimate MTB Workout Program. Find out more at <http://ultimatemtbworkout.com/>



- **No Gym, No Problem Bodyweight Workout Program:** Who says you need equipment to get a great workout in? With this workout program you have no more excuses to not train- the world is your gym. Designed around the principle of Exercise Progressions this workout program allows you to create the perfect workout for your current fitness level. Perfect for starting your strength training journey or adding a new challenge to your current workout, this workout belongs in every rider's toolbox. Find out more at <http://nogymnoproblemworkout.com/>



- **MTB DB Conditioning Workout Program:** All you need is 45 minutes and a pair of adjustable dumbbells to see ride changing results with this workout program. This is my most popular workout program for good reason - it is simple but brutally effective. When you're ready to experience the ride changing power of strength training but you don't have a lot of time and/or strength training experience then this is your workout. Find out more at <http://dbcombos.com/>



- **MTB Kettlebell Conditioning Program:** This workout program combines the power and endurance benefits of kettlebell training with the unique perspective of MTB Strength Training Systems to bring a workout program that is sure to challenge even the fittest rider. If you have some strength training experience and are looking for a new challenge that will noticeably boost your power and endurance on the trail then this is the workout you've been looking for. Find out more at <http://mtbkettlebellconditioning.com/>

