



STRENGTH TRAINING SYSTEMS

RIDE HARDER • RIDE FASTER • RIDE STRONGER

Group Coaching Program

November 2017 Workout

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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.

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Workout Overview

Each workout follows the same three-part format:

1 - Pre-Workout Warm Up: This routine is designed to get you warmed up while also mobilizing your joints to get them ready for a productive and safe workout.

2 - Strength Training: In this part of the workout you will be doing a variety of exercises to help improve your strength, power and endurance. Each Phase will have a Workout A and Workout B with each targeting different movements to help develop a well-rounded foundation.

3 - Decompression Flow: You will end each workout with a short routine to help decompress the joints and speed recovery.

You will find the workout logs for all 3 phases of the program with your program materials. Everything you need to do the workouts is contained in the logs, including links to video demos of each exercise and a video overview of the workouts as well.

Circuits

When looking at the training logs you will notice that all of the workouts use Circuits. Circuits are where you do one set of each exercise in the Circuit before starting over with the first exercise. By repeating this process until you have finished all of the sets for each of the exercises you are able to get more work done in less time.

To help with this you will also find each exercise in a circuit labeled with a letter and a number. The letter is the Circuit and the number is what order the exercise is in that circuit. For example, the first Circuit will have A1 and A1 in front of the exercises. The second Circuit will have B1 and B2, the third will have C1 and C2 and so on.

Sets X Reps

To the right of each exercise you will see how many sets (number of times you are performing an exercise) and reps (how many times you do that exercise each time you perform it) to do for each exercise. For example, 3 X 8 would mean that you would do 8 reps of that exercise each time your performed it and you would perform it 3 times.

You may find two numbers separated by a – in the Reps column, like 5-10 reps. This is used to indicate a range of Reps you can choose from, doing at least the lower number but no more than the highest number. For example, if the Reps were 5-10 you would do at least 5 Reps but no more than 10 Reps.

Using ranges like this allows you to better customize the workouts to your current fitness levels. If you are just starting out you may struggle getting through the lowest reps and you can make it your goal to improve on those numbers. If you are experienced with strength training you can increase the challenge by doing more Reps.

Please note that instead of reps you may see a time to hold the exercises. For example, if you saw 2 X 10-60 sec. then that would mean to hold the position for at least 10 seconds and to build up to 60 seconds.

Rest Periods

You want to rest long enough between exercises and circuits so that you are not still panting before starting the next set. Being able to breathe in and out through your nose is a good indicator of being recovered enough. Don't make the mistake so many riders do and try to turn Strength Training into Cardio Training - there is a time for both and doing so will compromise both.

The exception to this rule is during the Cardio Flow at the end of the workouts. During these you do want to push your cardio more and so you will try to keep a high pace and move from exercise to exercise as quickly as you can while also maintaining good form. It is better to rest than it is to get hurt.

Weekly Training Plans

While you can use the standard Monday, Wednesday and Friday alternating workouts each time you train, I also know that some people want something with more detail.

In the program materials that came with this manual you will find a Weekly Training Plan that has different plans based on how many hours a week you have to train and if you are able to ride your bike or not. Just pick the plan that works best for you and follow it for a worry-free way to know how to put everything together.

Click below to download the Weekly Training Plan.

[Weekly Training Plan](#)

Pre-Workout Warm Up

Begin each Warm Up with [Crocodile Breathing](#) (5-10 breathes) and 5-10 minutes of [Foam Rolling](#)

Follow Along Video Demo - https://www.youtube.com/watch?v=4F_ZQcm1Hc4

Follow the video or do 5-10 reps of each movement:

4 Way Neck

Namaste Wrist Stretch

Shoulder Internal/ External Rotation

Elbow Circles

On Guard T-Spine Reach Back

Pelvic Tilt

Standing Fire Hydrants

Big Knee Circles

Tai Chi Twist

Squat to Stand

Monkey Swings

Workout A

Crawling & Ground Skills Circuit

A1 - [Marching Bear Crawls](#) (2 X 5-10 reps each side)

A2 - [Sit Out](#) (2 X 5-10 reps each side)

Support & Hinging Circuit

B1 - [Pike Rocks](#) (2 X 3-10 reps)

B2 - [Marching Glute Bridge](#) (2 X 5-20 reps each side)

Pull & Squat Circuit

C1 - [Scap Pull Ups](#) (2 X 3-10 reps with 3 second hold at each position)

C2 - [Lateral Lunge](#) (2 X 5-15 reps each side)

Bodyweight Cardio Circuit #3 - [Click Here for Video Demo](#)

10 Forward Bear Crawls + 10 Seal Jacks + 10 Backward Bear Crawls + 10 Marches
X 5-10 rounds

Workout B

Crawling & Ground Skills Circuit

A1 - [Lateral Ape Walks](#) (2 X 20 paces both directions)

A2 - [Bear-Crab Switch](#) (2 X 5-10 reps each side)

Push & Squat Circuit

B1 - [Pike Push Ups](#) (2 X 3-15 reps)

B2 - [Narrow Stance Squats](#) (2 X 10-30 reps)

Suspension & Hinge Circuit

C1 - [Hanging Knee Raise Holds](#) (2 X 10-60 seconds)

C2 - [Stagger Stance Deadlift](#) (2 X 5-20 reps each leg)

Bodyweight Cardio Circuit #4 - [Click Here for Video Demo](#)

5 Jumping Burpees + 5 Push Ups + 5 Reverse Lunges + 10 Cross Body Marches X
5-10 rounds

Post Workout Decompression Flow

Follow Along Video Demo - <https://www.youtube.com/watch?v=gb6jxzN9df8>

Childs Pose to Spinal Wave to Seal Pose

Frog Stretch to Hamstring Stretch

Table to Reach Across Shoulder Drop

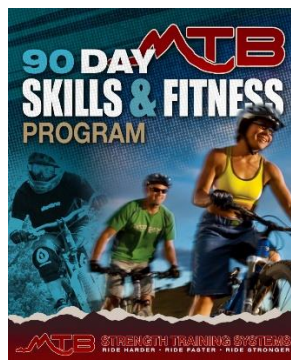
DO BOTH SIDES

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://ultimatemtworkout.com/>



- **90 Day Skills and Fitness Program:** Learn how to permanently fix the bad movement habits that are really keeping you from improving your mountain bike skills. It isn't "bad technique" that's stopping you from improving your mountain bike skills. This program will fix the real cause - bad movement habits you don't even realize are holding you back on the trail. Improve your performance and safety on the trail in just 90 days with the only workouts designed to integrate mobility, strength and skills drills. [Click here to learn more.](#)



- **15 Minute Trail Rider Tune Ups:** Discover the ultra-targeted MTB strength and mobility workouts that take just 15 minutes a day so you can ride harder and faster even if you have no time to train. Get 28 workouts that help improve your riding in minimal time with strategic focus on your weak links. Target different skills and "problem areas" like cornering, sore low back and overall conditioning in just 15 minutes with this collection of unique workouts designed to give you the best results in the least amount of time. [Click here to learn more.](#)



- **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/>



- **30 Day Low Back Pain Program:** Discover the simple 3 Step Formula that will reduce low back pain both on and off the bike so that you can ride as long and fast as you want while doing it all pain free. Instantly improve your hip mobility and core strength with the only program designed to target the real causes of low back pain on the trail...too much seated pedaling! In only 30 days you'll completely change your hip mobility, trail specific core strength and ability to stand up more, letting you ride with less pain and have more fun on the trail. [Click here to learn more.](#)



- MTB Mobility Follow- Along Routines: Attention: Riders suffering from nagging aches and pains brought on by poor mobility in the ankles, knees, hips, low back and/ or shoulders. Discover the simple 15 minute Follow-Along routines that will instantly improve your mobility, letting you perform at a higher level with less pain. Just click play on these follow-along videos as I show you how to go beyond stretching to unlock your stiff joints and find a new way to move on your bike.
[Click here to learn more.](#)

