NO GYM, NO PROBLEM

REAL BODYWEIGHT TRAINING FOR MOUNTAIN BIKERS

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Disclaimer

This program is meant for instructional purposes only. You are advised to get a doctor’s clearance before starting any new exercise program.

Do not work through pain. If anything in this program causes pain then you should stop immediately and seek a professional opinion on what is causing the pain. Pain is your body’s way of telling you something is wrong and you ignore that signal at your own risk.

Make sure that you have plenty of room around you during the execution of the exercises. Many of them require balance and you do not want to fall over and hurt yourself.

Getting injured during training is never acceptable. Be smart, don’t ignore pain and focus on perfect execution.
To my Fellow Riders,

Bodyweight training is one of the most important elements of a successful mountain bike training program. Being able to control your body and maintain your balance is the hallmark of any good mountain biker and bodyweight training is one of the best ways to build that attribute. Bodyweight training can also be done anywhere at any time, making it a must for riders that don’t get to the gym or have a lot of equipment handy.

A lot of times bodyweight training gets dismissed as being too easy or not advanced enough. I’m here to tell you, though, that after 20 years of weight training, 10+ of them as a professional, I have yet to find the bodyweight exercise that did not have something to teach me.

Bodyweight training is less about brute effort and more about internal focus, something that may be hard to grasp at first. Practice perfect technique and it will serve you better on the trail than just going through the motions.

The workouts follow a simple strategy - do the included warm up first. Getting things mobilized is an important part of the overall training strategy and can help prevent training related injuries.

After you have gone through the warm up you move on to the main workout. You will find a list of the exercises in this manual and the video demos (accessible through the links on the last page of this manual) will go over everything in detail.

Finish off with a round of Tabatas. If you are not familiar with this cardio training method visit this blog post to learn more:

http://www.bikejames.com/cardio-training/cardio-training-for-the-rest-of-us

You can workout 2-4 times per week. Simply tart with the Day 1 workout and then do the Day 2 workout next time you train. Just alternate days each time you work out. If you train 2 days in a row give yourself a day off before training again. You must effectively recover from your training in order to actually see results from it.

I hope this workout helps you climb faster, descend with more confidence and have more fun on the trail. I also hope it shows you what strength and conditioning can do for you on your bike. Hopefully it will motivate you to learn more and see what else you can achieve through 21st century training for our unique sport.

Ride Strong,

James Wilson
MTB Strength Training Systems
Basic Warm Up/ Mobility Routine

1. Yoga Twist X 8 reps each way

2. Side Lying Trunk Twist X 8 reps each side

3. Head X 6 each
   - Side to Side
   - Left and Right
   - Up and Down
   - Figure 8/ Big X both directions

4. Thoracic “Hinge” x 8
   - Forward and Back
   - Side to Side

5. Pelvis x 8 each
   - Rock Forward and Back
   - Hula Hoop circles both directions

6. Shoulders X 8 each
   - Shoulder Circles lv. 1 both directions
   - Figure 8/ Big X both directions on each arm

7. Lateral Body Bend X 8

8. Marching Knee Huggers X 6

9. Squat to Stand/ Groin Stretch on last rep X 8

10. Calf Stretch X 8

11. Around the Horn X 5

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### REAL BODYWEIGHT TRAINING FOR MOUNTAIN BIKERS

#### Day 1

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<thead>
<tr>
<th>Circuit</th>
<th>Exercise</th>
<th>Sets X Reps</th>
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</thead>
<tbody>
<tr>
<td><strong>Power 1</strong></td>
<td>Jumping Box Squat</td>
<td>2 X 5</td>
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<tr>
<td><strong>Power 2</strong></td>
<td>Neck Bridge</td>
<td>2 X 30 seconds</td>
</tr>
<tr>
<td><strong>Strength 1</strong></td>
<td>Push Up/ Spider Man Push Ups</td>
<td>3 X 6</td>
</tr>
<tr>
<td><strong>Strength 2</strong></td>
<td>Unilateral Hip Lift</td>
<td>3 X 6</td>
</tr>
<tr>
<td><strong>Strength 3</strong></td>
<td>Inch Worm</td>
<td>3 X 3-6</td>
</tr>
<tr>
<td><strong>Metabolic 1</strong></td>
<td>Renegade Rows</td>
<td>4 X 8-10</td>
</tr>
<tr>
<td><strong>Metabolic 2</strong></td>
<td>Reverse Lunges/ Forward Lunges</td>
<td>4 X 8-10</td>
</tr>
<tr>
<td><strong>Metabolic 3</strong></td>
<td>Burpee</td>
<td>4 X 8-10</td>
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</tbody>
</table>

#### Day 2

<table>
<thead>
<tr>
<th>Circuit</th>
<th>Exercise</th>
<th>Sets X Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Power 1</strong></td>
<td>Plyo Push Up</td>
<td>2 X 5</td>
</tr>
<tr>
<td><strong>Power 2</strong></td>
<td>Neck Bridge</td>
<td>2 X 30 seconds</td>
</tr>
<tr>
<td><strong>Strength 1</strong></td>
<td>Dive Bomber Push Up</td>
<td>3 X 6</td>
</tr>
<tr>
<td><strong>Strength 2</strong></td>
<td>Single Leg Squat</td>
<td>3 X 6</td>
</tr>
<tr>
<td><strong>Strength 3</strong></td>
<td>Chin Up/ Spider Crawl</td>
<td>3 X 3-6</td>
</tr>
<tr>
<td><strong>Metabolic 1</strong></td>
<td>Bulgarian Split Squat</td>
<td>4 X 8-10</td>
</tr>
<tr>
<td><strong>Metabolic 2</strong></td>
<td>Iron Mans</td>
<td>4 X 8-10</td>
</tr>
<tr>
<td><strong>Metabolic 3</strong></td>
<td>Burpee</td>
<td>4 X 8-10</td>
</tr>
</tbody>
</table>

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Related Links

You can use this link to go back to the main webpage for this program:

http://www.bikejames.com/free-stuff/mtbbwworkout/

You can download the Basic Warm Up Routine here (download link is in the lower right hand corner):

http://vimeo.com/4079911

You can download the Day 1 Workout here (download link is in the lower right hand corner):

http://vimeo.com/4079182

You can download the Day 2 Workout here (download link is in the lower right hand corner):

http://vimeo.com/4080882

The password to view the video demos or download the file is -

mtbbwworkout

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