

## 3 Day Gym Workout

**Warm-up** will be the same each day.

- cardio activation
- mobility
- muscle activation

There are many other options you may include to your **Warm-Up** routine. Feel free to use the following plan as a changeable **blueprint!**

The main workout consists of **3 parts**:

- muscular endurance training
- main strength training
- supplementary training

### **Muscular endurance:**

*You will perform **2** exercises as quickly as possible and then take a break. You will repeat this sequence **3** times.*

The goal is to **enhance performance**, **maintain control**, and **reduce fatigue** during long or technical rides.

### **Main Training:**

*You will perform **2** exercises of compound movements that are well known in the bodybuilding and weightlifting world.*

*You will do **1 warm-up set** with moderate weight.*

*Then you will perform **4 working sets** with a chosen weight enough to get to a range of **3-6 repetitions** to (or close) to failure.*

The goal is to focus on building **overall strength**, **power**, and **stability** to **improve performance** even on the hardest trails.

### **Supplementary training:**

*You will perform **1** body part specific and **1** core exercise to finish of your workout.*

*You will do **3 sets** per exercise in a slightly **higher repetition range** than the main workout.*

*Approach those sets like a mix between muscular endurance and main training.*

*-> Push as hard as possible while maintaining **good technique!***

The goal is to improve **functional movement**, **balance**, and **support muscles** used in riding.

### **What are the benefits of this workout?**

- Increased Trail Efficiency
- Better Bike Handling
- Injury Prevention
- Boosted Overall Fitness
- Mental Toughness
- Climbing Strength
- Descending Strength

**Pro Tip:** Combine This Workout with my stretching routine on off days for maximum improvement on the bike and with your workouts.

**Info:** Detailed exercise descriptions can be found on the website

# Day 1

## Warm-up

*Duration: 10-15 minutes*

*Goal: Activate the entire body, improve mobility, and prevent injuries.*

## Cardio Activation (3 minutes):

1 minute Jumping Jacks  
1 minute Mountain Climbers  
1 minute Air Squats (slow and controlled)

## Mobility (5 minutes):

**Deep Squat Stretches:**  
*5 repetitions*

**Shoulder Circles:**  
*10 forward and 10 backward*

**Side Lying Thoracic Rotations:**  
*8 repetitions per side*

## Muscle Activation (5 minutes):

**Plank-to-Downward-Dog:**  
*10 repetitions*

**Bird Dog:**  
*8 repetitions per side*

**Bodyweight Lunges:**  
*10 repetitions per leg*

**Glute Bridge:**  
*10 repetitions, optionally with a miniband*



# Day 1

## **Main Workout**

*Strength Focus (Legs & Back)*

### **Muscular endurance:**

*Repeat the following exercises as quickly as possible while maintaining good technique.*

#### **Weighted Step Ups**

*7-10x per leg*

#### **Medicine Ball Slams**

*7-10x per side*

*(throw from left to right and right to left)*

*Then rest for 1-2 minutes (or until your heart rate is falling under 120 bpm)  
Start over again. Do 3 sets.*

### **Main Exercises:**

#### **Deadlift:**

*1 warm-up set*

*4 working sets of 5-6 reps*

#### **Back Squat:**

*1 warm-up set*

*4 working sets of 5-6 reps*

### **Supplementary Exercises:**

#### **Bulgarian Split Squats:**

*3 sets of 10 reps per leg*

#### **Weighted Plank:**

*3 sets of 30-45 second holds*

# Day 2

## Warm-up

*Duration: 10-15 minutes*

*Goal: Activate the entire body, improve mobility, and prevent injuries.*

## Cardio Activation (3 minutes):

1 minute Jumping Jacks  
1 minute Mountain Climbers  
1 minute Air Squats (slow and controlled)

## Mobility (5 minutes):

**Deep Squat Stretches:**  
*5 repetitions*

**Shoulder Circles:**  
*10 forward and 10 backward*

**Side Lying Thoracic Rotations:**  
*8 repetitions per side*

## Muscle Activation (5 minutes):

**Plank-to-Downward-Dog:**  
*10 repetitions*

**Bird Dog:**  
*8 repetitions per side*

**Bodyweight Lunges:**  
*10 repetitions per leg*

**Glute Bridge:**  
*10 repetitions, optionally with a miniband*



# Day 2

## **Main Workout**

*Explosive Power & Full-Body Strength*

### **Muscular endurance:**

*Repeat the following exercises as quickly as possible while maintaining good technique.*

#### **Landmine Press**

*5-7x per side*

#### **Weighted lunges**

*7-10x per side*

*Then rest for 1-2 minutes (or until your heart rate is falling under 120 bpm)  
Start over again. Do 3 sets.*

### **Main Exercises:**

#### **Clean and Jerk:**

*1 warm-up set*

*4 working sets of 3 reps*

#### **Push Press:**

*1 warm-up set*

*4 working sets of 5 reps*

### **Supplementary Exercises:**

#### **Kettlebell Swings:**

*3 sets of 15 swings*

#### **Farmers Walk (one handed then switch):**

*3 sets each side, walk as far as possible.*

# Day 3

## Warm-up

*Duration: 10-15 minutes*

*Goal: Activate the entire body, improve mobility, and prevent injuries.*

## Cardio Activation (3 minutes):

1 minute Jumping Jacks  
1 minute Mountain Climbers  
1 minute Air Squats (slow and controlled)

## Mobility (5 minutes):

**Deep Squat Stretches:**  
*5 repetitions*

**Shoulder Circles:**  
*10 forward and 10 backward*

**Side Lying Thoracic Rotations:**  
*8 repetitions per side*

## Muscle Activation (5 minutes):

**Plank-to-Downward-Dog:**  
*10 repetitions*

**Bird Dog:**  
*8 repetitions per side*

**Bodyweight Lunges:**  
*10 repetitions per leg*

**Glute Bridge:**  
*10 repetitions, optionally with a miniband*



# Day 3

## Main Workout

*Mobility & Stability Focus*

### Muscular endurance:

*Repeat the following exercises as quickly as possible while maintaining good technique.*

#### **Kettlebell swings**

*7-10x swings*

#### **Pallof Press**

*7-10x per side*

*Then rest for 1-2 minutes (or until your heart rate is falling under 120 bpm)  
Start over again. Do 3 sets.*

## Main Exercises:

### **Snatch:**

*1 warm-up set*

*4 working sets of 3 reps*

### **Overhead Squat:**

*1 warm-up set*

*4 working sets of 5 reps*

## Supplementary Exercises:

### **Good Mornings (with barbell):**

*3 sets of 10 reps*

### **Plank with Shoulder Taps:**

*3 sets of 15 taps per side*