

3 Day Home Workout

The 3 main workouts contain :

- 2 Leg based sets
- 2 Core based sets
- 1 Push Up set

This home workout targets **functional** and **muscular endurance** training.
I personally believe you will make much greater improvements when training in the gym.
However this workout can be done **anywhere, anytime!**

Main workout:

*You will perform the **main workout** 3-4 times. Each set should be performed as quickly as possible.*

In between sets you will take a break of a **couple minutes**.
If you are able to track your heart rate, try to start over again at anywhere in between **100-120 bpm**.

What are the benefits of this workout?

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

*This is just a **blueprint**. You can do less or more repetitions, if your a beginner or more advanced.*

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

Start the System

10 minutes of moderate running (outside or on a treadmill)

Or

10 minutes of moderate biking (outside or on a trainer)

Warm-Up

7× Scapular Push-Ups

5× Deep Squat Stretches

5× Squat to Jump

10× High Knees

Main Workout

Repeat the following exercises 3–4 times.

20-25 Curtsy Squats

(Bodyweight)

10-15 Push-Ups

10 Seated oblique Twists

(per side)

20-30 Plank „Weight“ Shifts

(anything you can find as a weight - the heavier the better)

10 Jump Squats

(Bodyweight)

Take a break until you are ready again (ideal heart rate between 100 and 120).

Day 2

Start the System

10 minutes of moderate running (outside or on a treadmill)

Or

10 minutes of moderate biking (outside or on a trainer)

Warm-Up

7× Scapular Push-Ups

5× Deep Squat Stretches

5× Squat to Jump

10× High Knees

Main Workout

Repeat the following exercises 3–4 times.

20–25 Cossack Squats
(Bodyweight)

10-15 Push-Ups

10 Side Plank Rotations
(per side)

20–30 Mountain Climbers

10 Jump Squats
(Bodyweight)

Take a break until you are ready again (ideal heart rate between 100 and 120).

Day 3

Start the System

10 minutes of moderate running (outside or on a treadmill)

Or

10 minutes of moderate biking (outside or on a trainer)

Warm-Up

7× Scapular Push-Ups

5× Deep Squat Stretches

5× Squat to Jump

10× High Knees

Main Workout

Repeat the following exercises 3–4 times.

20–25 Lunges

(Bodyweight)

10-15 Push-Ups

10 Windshield Wipers

20–30 Leg Scissors

10 Jump Squats

(Bodyweight)

Take a break until you are ready again (ideal heart rate between 100 and 120).