

Ultimate MTB Workout

The Ultimate Workout consists of 4 training days:

- **2 days of strength and muscular endurance training**
- **2 days of balance, stability, and technique-based training**

2 Days of Strength and Muscular Endurance Training

These sessions form the foundation of your physical fitness. They should take place at the **beginning of the week** (e.g., Monday) and **at the end of the week** (e.g., Friday).

This ensures sufficient recovery time between strength days while allowing you to start and finish the week with targeted stimuli for your muscles.

2 Days of Balance, Stability, and Technique-Based Training

These sessions help improve your riding technique, body control, and stability. They should be scheduled **during the week** (e.g., Tuesday and Thursday). Ideally, you should do these workouts on days when you're already riding your bike. Alternatively, you can combine them with interval or cardio training sessions.

Weekplan Example:

- **Monday:** Strength and muscular endurance training
- **Tuesday:** Mountain bike ride / cardio / interval training + balance and technique training
- **Wednesday:** Rest day or light recovery ride
- **Thursday:** Mountain bike ride / cardio / interval + balance and technique training
- **Friday:** Strength and muscular endurance training
- **Weekend:** Free riding, longer tours, or recovery

Required Equipment, Besides basic fitness equipment, you will need:

1. *Gym access*
2. *Fitness bands (resistance bands)*
3. *Balance balls, boards, or other „unstable“ surfaces*
4. *Medicine balls or similar equipment*
5. *Kettlebells*

Warm-Up:

Make sure to properly warm up your **cardiovascular system, muscles, tendons, and ligaments** before every workout! This helps prevent injuries and improves mobility.

Always start your workout with **10 minutes** of moderate cycling or running.

Additional warm-up options (1-2 rounds without rest):

- 5x lunges per side
- 7x burpees
- 5x squat jumps
- 7x push-ups

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

2 Days Strength and Muscular Endurance Training

Day 1: Maximum Strength & Explosiveness

Goal: Build strength for explosive climbs, hard landings, compression, and improved bike handling and control.

Warm-up

As described above

Strength Training

3–4 sets, 6–8 reps, 180 sec. rest between sets

Back Squats

– focus on proper technique, full depth, and explosive upward movement

Deadlifts

– focus on clean execution and an explosive lift

Clean and Jerk

-focus on proper technique, controlled breathing, and briefly holding the top position

Weighted Lunges

-focus on proper form, controlled breathing, and explosive push-off

Pull-ups or Rows

-controlled negatives and explosive positives

Plank with Shoulder Touch or Plank with Cross-Body Weighted Drag

-no specific rep requirements—hold until failure

2 Days Strength and Muscular Endurance Training

Day 2: Muscular Endurance

Goal: Improve overall body strength, stability, and trail-specific endurance.

Warm-up

as described above

Main Session – Circuit Training

4 rounds, 40 seconds per exercise

Kettlebell Swings

– explosiveness and hip strength

Burpees with Jump

– full-body muscular endurance

Mountain Climbers

– strengthen your core and shoulder muscles

Box Jumps

– leg strength and speed

—> Rest: 60 seconds

Push-Ups with Rotation

– chest, shoulders, and core

Russian Twists (with weight)

– core stability for cornering techniques

Wall Sit

– strengthen your legs with isometric holds (hold for as long as possible)

—> Rest 120 seconds

Repeat the entire sequence

2 Days Balance, Stability, and Technique-Based Training

Day 1: Balance, Stability & Core Control

Goal: Improve body tension, control in rough terrain, and overall balance on the bike.

Warm-up

As described above

Main Workout

Balance Board Squats

3 sets, 4 reps, 180 sec rest

Stand (shoulder-width) apart on a balance board (or two balance balls).

Slowly lower into a squat while maintaining balance.

Progression: *Hold a weight overhead.*

(Improves balance, core stability, and leg strength.)

Lateral Resistance Band Walks

3 sets, 10–12 steps, 180 sec rest

Place a resistance band around your knees or feet.

*Stay in a low squat position and take **10–12 steps left, then right.***

(Strengthens lateral leg and hip muscles, improves bike stability, especially in corners.)

Plank on Balance Ball / Handlebar Hold on Balance Ball

3 sets, hold 4x until failure, 90 sec rest

Place forearms on a balance ball and hold the plank position.

Optional: *Slight forward-backward movements for added core/shoulder activation.*

Or

Place a handlebar (bar/broomstick or else) on a balance ball and hold.

Optional: *Slight sideways movements for extra core/shoulder activation.*

(Improves core stability, shoulder control, and arm strength.)

Single-Leg Deadlifts with Dumbbells

per leg 3 sets, 4 reps, 90 sec rest

Slightly bend the knee of your standing leg and lean your upper body forward in a controlled motion.

Extend the free leg backward to help maintain balance.

(Enhances balance, glute strength, and body control for technical terrain.)

Standing Resistance Band Rows

3 sets, 4 reps, 180 sec rest

Anchor a resistance band to a solid object.

Pull the band back with slightly bent knees (rowing motion)

(Strengthens back, shoulders, and bike handling control.)

PRO-Challenge:

Single-leg squat on a balance ball while extending the other leg forward—hold as long as possible and explode back up.

2 Days Balance, Stability, and Technique-Based Training

Day 2 – Mountain Bike Technique & Reaction Speed

Goal: Improve body tension, reaction ability, and bike-specific movements.

Warm-up

As described above

Main Workout

(4 rounds per exercise, 30–40 sec effort / 20 sec rest)

Dynamic Balance Drills (Balance Board + Weight Shifting)

Stand on the balance board and shift your body weight forward, backward, and sideways in a controlled manner.

(Mimics bike movements on technical trails.)

Explosive Jumps on Balance Pad or Balance Ball

Jump with both feet on a soft surface and land securely.

(Improves reaction speed for drops and take-offs.)

(OPTIONAL) Handlebar Resistance Band Drills

Attach a resistance band at handlebar height.

Simulate pulling and pushing movements (like in a bunny hop or manual)

(Strengthens muscles for handlebar control)

Single-Leg Squats with Balance Board

One foot on the balance board, the other hovering behind

Perform slow, controlled squats.

(Perfect for balance and strength control on the trail.)

Reaction Step-Ups

Step onto a low platform or bench

Lean the upper body slightly forward before bringing the other leg up

(Trains quick balance corrections for technical trails.)

Bonus-Challenge:

Balance on a slackline or narrow plank

(Great for coordination & bike handling!)