



## HOME WORKOUT

DO THIS EVERY OTHER DAY AND THE CARDIO WORKOUTS LISTED BELOW ON THE OTHER DAYS.

TAKE 1-2 DAYS OFF PER WEEK

*Do Warm up + stretches first*

EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS
Squats	60 sec		20-30	202	2-4
Push ups	↓ ↑		Max form	202	
Pull ups/TRX	↓ ↑		Max form	202	
Back lunge with knee drive	↓ → ↑		10-20 each	103	
Single leg glute bridge	90 sec		8 each	232	2-4
Y's, T's, L's, W's	↓ ↑		10-20 each	Mod	
Single leg squat	↓ ↑		8-15 each	Slow	
TRX bicep curl	↓ → ↑		10	Mod	
Squat jumps to jump lunge	90 sec		12 -20 seconds	XOX	2-4
Clap push ups- do on toes or knees	↓ ↑		12 secs	XOX	
Plank on hands and toes- lift opposite arm and leg	↓ ↑		8-10 each	Slow	
Side plank- opposite arm/leg reach	↓ → ↑		Max form	Slow	

**CARDIO WORKOUTS:** Mix these up between your workout days

1. Ride MTB or road- 60-180 minutes
2. Indoor machine- 1 hour at 70-75%
3. Intervals – 60 seconds hard/ 60 seconds easy X 6-10 reps

To get a MTB specific training program, go to [www.enduromtbtraining.com](http://www.enduromtbtraining.com) and join the monthly membership or click on the “programs” tab for more options!

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