

MOUNTAINBIKER Workout Plan

MOUNTAIN BIKERS are as lean and mean as the mountains they climb. They do not like to stop during a ride and they live for quick change. The Body Evolution only recommends two days a week for lifting with Mountain Bikers. I mean, c'mon they want to be on the mountain...not in the gym. One day will be Upper Body and the other will be lower body. We will isolate the muscle for leanness and tone, endurance and strength.

Monday = Mountain Ride / Abs

Tuesday = Spin Class / Upper Body / Abs

Wednesday = Mountain Ride / Abs

Thursday = Spin Class / Lift Lower Body / Abs

Friday = Mountain Ride / Abs

Saturday = Mountain Ride / Abs

Sunday = Rest

WORKOUT SCHEDULE AS FOLLOWS

UPPER BODY WORKOUT

ABS, BACK, CHEST, BIS, TRIS, SHOULDERS

You will be selecting 2 exercises for the each muscle group and doing 12 reps for each 2 times at a fast pace and pushing weight limit. You should be burning by your third set, because it will be a different lift than your first.

ABS

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute

SWITCH WORKOUT FOR ABS

12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON

BACK

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute

SWITCH WORKOUT FOR BACK

12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON

CHEST

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute

SWITCH WORKOUT FOR CHEST

12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON

BICEPS

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute
SWITCH WORKOUT FOR BICEPS			
12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON**TRICEPS**

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute
SWITCH WORKOUT FOR TRICEPS			
12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON**SHOULDERS**

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute
SWITCH WORKOUT FOR SHOULDERS			
12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON**TOTAL TIME: 54 minutes****LOWER BODY WORKOUT****ABS, QUADS HAMSTRINGS, CALVES, INNER THIGH/GROIN**

You will be selecting 2 exercises for the each muscle group and doing 12 reps for each at 2 times at a moderate and comfortable weight limit. You should be burning by your third set, because it will be a different lift than your first.

ABS

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute
SWITCH WORKOUT FOR ABS			
12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON**QUADRICEPS**

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute
SWITCH WORKOUT FOR QUADRICEPS			
12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON

HAMSTRINGS

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute

SWITCH WORKOUT FOR HAMSTRINGS

12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON**CALVES**

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute

SWITCH WORKOUT FOR CALVES

12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON**INNER THIGH/GROIN**

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute

SWITCH WORKOUT FOR INNER THIGH/GROIN

12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON**TOTAL TIME: 45 minutes****CARDIO - Done in spin class and on rides.**