

Mountain Bike - Beginner

Program Template

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Introduction

Purpose: Develop agility, balance, core strength, and upper body strength which are very important for riding on technical terrain in addition to cycling specific muscles. Also develop overall fitness to prevent injuries. Frequency: 2-3 times/week. In combination with on the bike training, this program helps you maximize your cycling performance. Note: Hard training on the bike and weight training should be performed more than 6 hours apart and ideally, up to 24 hours apart for proper recovery.

Warm Up

Spinning on stationary bike/trainer or running at moderate pace for 10-15 minutes

Summary Of Program

Activity	Type	Sets	Reps	Duration	Tempo	Intensity	Rest
Step Up	Exercise	3-4	10-15		1/1/1		
Squat Jump	Exercise	3-4	10-15		Explosive		
1 Leg Balance Reach	Exercise	3-4	10-15		1/1/1		60-90sec.
Chest Press - On SB 2 Arm DB	Exercise	3-4	15-20		2/0/2		
Row - Seated 2 Arm (Free Motion)	Exercise	3-4	15-20		2/0/2		
Figure 8	Exercise	3-4	8-10		moderate		60-90sec.
Iso-Abs - Prone	Exercise	3-4	30-60sec.				
Crunch - w/Pelvic Tilt	Exercise	3-4	30-40		1/0/1		
Lateral Trunk Flexion	Exercise	3-4	30-40		1/0/1		60-90sec.

Cool Down

Spinning on stationary bike/trainer at moderate pace at high cadence (like 90+ rpm) for 15-20 minutes. This is important to remind the muscles what they are training for! Stretching is encouraged and foam roll if you have chronically tight areas.

STEP UP

Reps : 10-15 **Sets :** 3-4 **Intensity :**

Tempo : 1/1/1 **Rest :** **Duration :**

Preparation :

- Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles.
- Activate core with proper drawing in and pelvic floor contraction.

Movement :

- Position feet shoulder width apart, pointing straight ahead.
- Choose a step or bench that is a comfortable height to step up on.
- Step forward with one foot onto the bench or step.
- In a simultaneous motion, step up and "pick up" your hips on the opposite side as your step leg.



- Step down backwards with the same technique of holding the HIPS LEVEL
- TRAINERS: watch the hips (to ensure frontal plane stability), and ensure that NO pronation distortion occurs anywhere in the kinetic chain.
- **Progression:** When technique is mastered load can be added – dumbbell, then cables, then tubing.



Notes : Circuit training with Squat Jump and 1Leg Balance Reach
SQUAT JUMP

Reps : 10-15 **Sets :** 3-4 **Intensity :**
Tempo : Explosive **Rest :** **Duration :**

Preparation :

- Initiate a thorough dynamic warm up prior to starting this exercise, this engages the nervous system.

Movement :

- This movement involves a jump in place.
- Start with your hands by your shoulders.
- Squat down to approximately 90 degrees.
- Initiate movement with an explosive vertical jump, and at the same time explosively push your arms overhead.
- Land onto toes and then heels.



1 LEG BALANCE REACH

Reps : 10-15 **Sets :** 3-4 **Intensity :**
Tempo : 1/1/1 **Rest :** 60-90sec. **Duration :**

Preparation :

- Stand on one leg with the knee slightly bent and hands on hips.

Movement :

- Reach the opposite leg to the FRONT (sagittal), then to the SIDE (frontal), then diagonally BACK and OUT (transverse), without altering optimal alignment of the balancing leg. The knee must remain over the second and third toes.
- If this multiplanar approach is too advanced, simply start with one plane at a time (i.e., sag, front, trans).
- Maintain optimal spinal alignment throughout the exercise.



- **PLEASE NOTE:** The picture ONLY demonstrates the SAGITTAL plane.



CHEST PRESS - ON SB 2 ARM DB

Reps : 15-20 **Sets :** 3-4 **Intensity :**
Tempo : 2/0/2 **Rest :** **Duration :**

Preparation :

- Place head & shoulders on ball, keep chin up so neck is in neutral position.
- Position feet apart to form good base of stability.
- Activate transverse (pull belly button towards spine & hold).

Movement :

- Start with weights on chest.
- Push both weights towards the ceiling whilst exhaling.
- Upon reaching peak of repetition lower weights back to chest whilst inhaling and repeat.
- Keep body in "plank" position.
- Maintain even speed when performing the exercise.
- Push weights above the chest not over your head.



Notes : Circuit training with Row and Figure8

ROW - SEATED 2 ARM (FREE MOTION)

Reps : 15-20 **Sets :** 3-4 **Intensity :**
Tempo : 2/0/2 **Rest :** **Duration :**

Preparation :

- Grab handles and sit tall facing tower.
- Feet under knees or slightly forward flat on the floor.
- Using a neutral grip, align the wrist, elbows and shoulders with the cable.

Movement :

- Brace Spine by drawing your lower abdomen in.
- Maintaining proper posture, start movement by pulling the elbows straight down and back.
- Check alignment and positioning and repeat



row.

- It is important not to let your back arch at any time during the movement.
- Keep feet flat on the floor to maintain balance and stability.
- Relax forearms and pull with the elbows.
- Do not adjust kneepad on thighs unless load exceeds body weight.



FIGURE 8

Reps : 8-10 **Sets :** 3-4 **Intensity :**
Tempo : moderate **Rest :** 60-90sec. **Duration :**

Preparation :

- Begin in a bent over position, legs will be bent and trunk almost horizontal and one hand on the KB between the legs.

Movement :

- Swing KB back between legs to pass it to opposite arm behind the leg.
- Circle KB around leg to pass to other side in a continuous figure 8 pattern.
- A slight swaying of the lower body will facilitate the figure 8 movement.



Exercise provided by www.kettlebellconcepts.com

ISO-ABS - PRONE

Reps : 30-60sec. **Sets :** 3-4 **Intensity :**
Tempo : **Rest :** **Duration :**

Preparation :

- Assume a prone position with elbows bent and closed fists positioned under your shoulders.

Movement :

- Draw your lower abdomen inward toward your spine.
- In optimal postural alignment tighten buttocks and lift body up onto forearms.
- While maintaining the abdominal draw-in contraction, hold optimal alignment for 15 SECONDS and repeat 10 times.
- Your spine should be in a neutral position from cervical to lumbar and your glutes should remain tight without compensatory motion.
- Keep chin tucked in.



- Reduce time if necessary. Form is more important than how long or how much!

Notes : Circuit training with Crunch and Lateral Trunk Flexion
CRUNCH - W/PELVIC TILT

Reps : 30-40 **Sets :** 3-4 **Intensity :**
Tempo : 1/0/1 **Rest :** **Duration :**

Preparation :

- Ensure that the individual is proficient at a basic crunch before prescribing this exercise.

Movement :

- Lie supine on the ground.
- Initiate a posterior pelvic tilt as shown (rotate the pelvis backward).
- With the hands as shown, roll the thoracic spine off the ground up to a crunch.
- Lower slowly and repeat.
- TRAINERS: Watch for a forward head carriage, anterior collapsing of the shoulders and holding of the breath. These are indications that the exercise is too difficult and should be regressed.



LATERAL TRUNK FLEXION

Reps : 30-40 **Sets :** 3-4 **Intensity :**
Tempo : 1/0/1 **Rest :** 60-90sec. **Duration :**

Preparation :

- In a side-lying position, center the waist directly on top of the dome.
- Adjust the legs into a long lever, "scissor" position with the top leg forward of the bottom leg.
- Place the hands behind the head.
- Point the top elbow toward the ceiling and the bottom elbow forward.
- Flex the trunk laterally toward the floor, until a slight stretch is felt down the side of the torso.

Movement :

- Laterally flex the trunk away from the floor, pulling the bottom of the ribcage down toward the top of the hip bone.
- Pause at the top of the movement.
- Then slowly lower back to the starting position.
- Perform eight to 20 repetitions to fatigue.



- Perform the exercise on both sides of the body.

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