



# Mountain Biking

## *CONDITIONING PROGRAM*

Cardio Conditioning  
Strength Training  
Plyometrics  
Flexibility  
Balance  
Core



evolution  
health & fitness



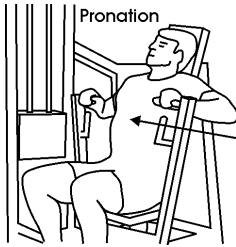
Fernie, BC

Fit to Play...Live to Play!

# Strength Training

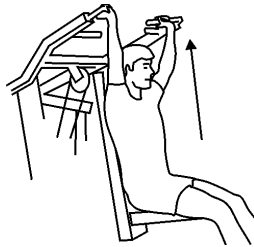
- ✓ For each exercise perform 3 sets of 12 repetitions (reps), 3 times/week
- ✓ Rest 30 seconds to 1 minute between reps
- ✓ Weight should be significantly heavy that the reps are challenging to complete
- ✓ Start program a minimum of 8 weeks prior to season
- ✓ Slow, controlled motion (3 seconds in, 3 seconds out)
- ✓ No pain on any exercise!

## Incline Chest Press



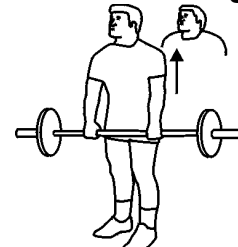
Chest Press Machine, Dumbbell  
or Olympic Bench

## Seated Shoulder Press



Shoulder Press Machine  
or Dumbbell

## Shoulder Shrug



Barbell or Dumbbell

## Lat PullDown



Lat Pulldown Machine

## Tricep Dip



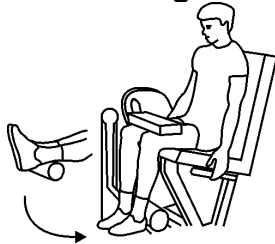
Body Weight or Gravitron

## Bicep Curls



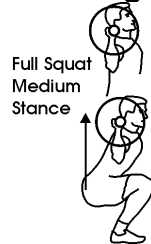
Bicep Curl Machine, Dumbbell  
Or Barbell

## Seated Leg Curl



Leg Curl Machine

## Squats or Leg Press



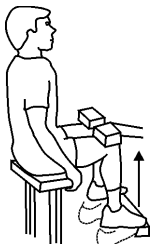
Olympic Bar or Leg Press Machine

## Glutes



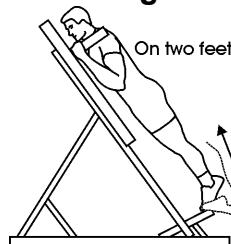
Hip Machine or Low Pulley

## Seated Calf



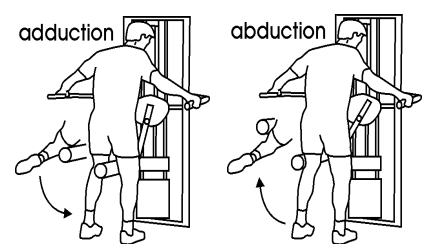
Seated Calf Machine

## Standing Calf



Power Squat Machine

## Abductor/Adductor



Hip Machine or Low Pulley

# Cardio Conditioning

**Cardiovascular and muscular endurance is needed to ensure you will be riding up the hills and not walking them!**

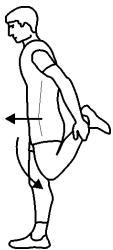
- ✓ **Minimum:** Perform cardio at least 3X per week for 20 minutes on any piece of cardio equipment that you enjoy (change it up frequently to stay entertained)
- ✓ Maintain a **Heart Rate** of at least 65% maximum, maximum HR =  $220 - \text{age}$   
(example – 32 years old: Max HR =  $220 - 32 = 188$ , 65% = 122)
- ✓ **Interval training** will help prepare for the demands of hockey: Try a 1:5 work to rest ratio training  
(example – sprint for 30 seconds, jog for 2 \_ minutes)
- ✓ Try a SPIN class, *X-Train SPIN* is designed specifically for recreational athlete conditioning

# Flexibility

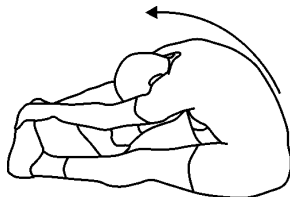
**A stretching program will assist in a good range of motion in your joints and enable your body to handle unexpected movements or tumbles.**

- ✓ Key areas of overuse and muscle strain: Quadriceps, IT band, Gluteals, neck and shoulders
- ✓ Try the *Foam Roller* to release and relax overworked IT-Band (outside of leg)
- ✓ Any YOGA class will dramatically improve flexibility, *Yoga Bike* is available and designed specifically for the demands and common injuries associated with recreational cyclists.

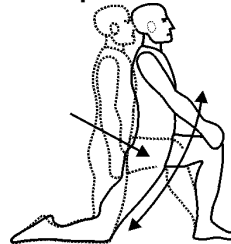
**Quadriceps**



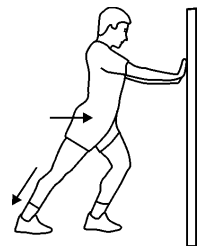
**Hamstrings**



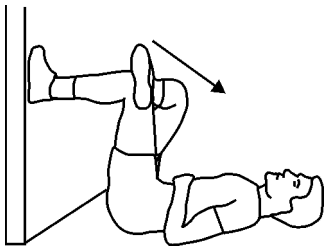
**Hip Flexors**



**Calves**



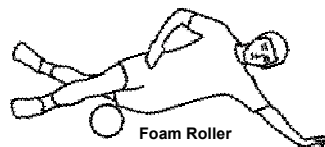
**Hips & Gluteals**



**Hips & Lower Torso**

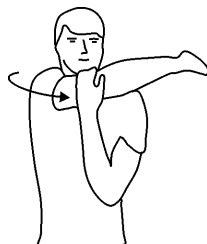


**IT Band**

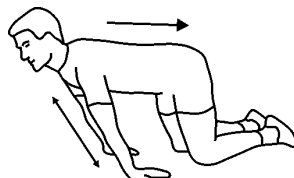


**Hips & Gluteals**

**Shoulders**

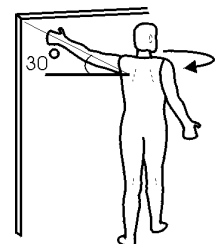


**Arms & Wrists**



**Neck**

**Pectorals**

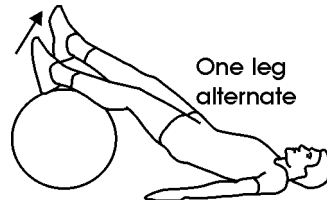
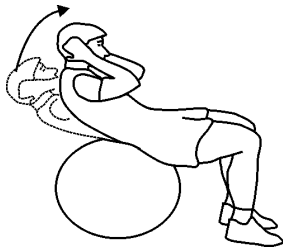




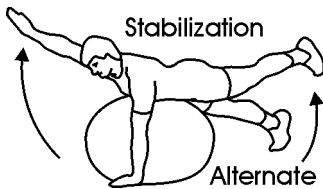
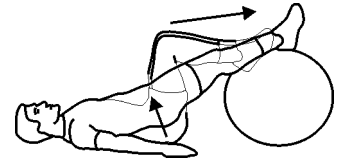
# Balance & Core

The core is truly the foundation of your body; a strong core means a strong foundation!  
Balance conditioning trains the crucial and often overlooked small stabilizer muscles.

- ✓ Try a *Fit to Play for Biking* conditioning class to learn new exercises and variations
- ✓ *Wobble Board*: One-foot stands, Lunges with front foot on wobble board
- ✓ Aim to perform 2 sets of 10-15 repetitions in a slow, controlled motion

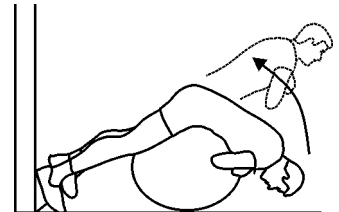
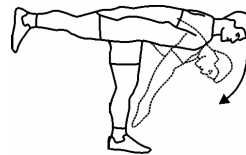
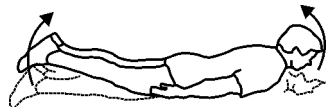


One leg  
alternate



Stabilization

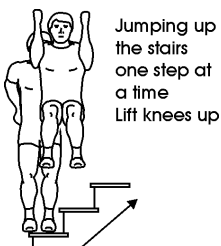
Alternate



## Plyometrics

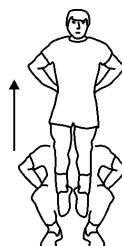
Plyometrics exercises are designed to condition the body for short bursts of power and reactive shock absorption.

### Side Hops

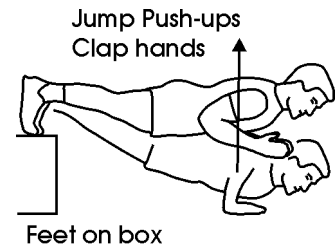


Jumping up  
the stairs  
one step at  
a time  
Lift knees up

### Squat Jump



### Elevated Clap Push-Ups



Jump Push-ups  
Clap hands

Feet on box

## When to see a Trainer...

- ✓ *Fit to Play* programs are designed for individuals in good physical shape, if you have any **chronic pain or previous injury** you should consult a personal trainer for an customized program
- ✓ *Fit to Play* programs are **starting point exercises**, once you have become familiar and comfortable with these basic exercises you may want to consult a personal trainer for more challenging and advanced exercises specifically suited to your needs and fitness level.