

Edge-To-Edge Rider Fitness Program

Measurements

	Week 1		Week 2		Week 3		Week 4	
Body Part								
Neck								
Shoulders								
Chest								
Waist								
Hips								
	Left	Right	Left	Right	Left	Right	Left	Right
Bicep								
Forearm								
Thigh								
Calf								
	Week 5		Week 6		Week 7		Week 8	
Body Part								
Neck								
Shoulders								
Chest								
Waist								
Hips								
	Left	Right	Left	Right	Left	Right	Left	Right
Bicep								
Forearm								
Thigh								
Calf								