Edge-To-Edge Rider Fitness Program Week 2

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Lower Day 1 Back Squat Goblet Kickstand Squat Bulgarian Spilt Squat Single Leg Calif Raise Air Squats Upper Day 1 Strict BB Press Landmine Strict Press Dual DB Supportred Row Alt Strict Press Hand Release Pushups Core Day 1 Alt Bird Dog Landmine Tall Knee Rotation Wall Sit March Upper Day 2 Rack Pull Seated Cable Row Lat Pull Down Face Pulls Rear Delt Raises Core Day 2 Alt Bird Dog Landmine Tall Knee Rotation Wall Sit March		Set 1		Set 2		Set 3				
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