## Edge-To-Edge Rider Fitness Program Week 3

| vveek 3                     |           |        |           |        |           |        |           |        |
|-----------------------------|-----------|--------|-----------|--------|-----------|--------|-----------|--------|
|                             | Set 1     |        | Set 2     |        | Set 3     |        | Set 4     |        |
|                             | # of reps | Weight |
| Lower Day 1                 |           |        |           |        |           |        |           |        |
| Back Squat                  |           |        |           |        |           |        |           |        |
| Goblet Kickstand Squat      |           |        |           |        |           |        |           |        |
| Bulgarian Split Squat       |           |        |           |        |           |        |           |        |
| Single Leg Calf 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              |           |        |           |        |           |        |           |        |
| Lower Day 2                 |           |        |           |        |           |        |           |        |
| Toes Elevated RDL           |           |        |           |        |           |        |           |        |
| Pistol Squat                |           |        |           |        |           |        |           |        |
| Reverse Deficit Lunge       |           |        |           |        |           |        |           |        |
| AB/Adductors                |           |        |           |        |           |        |           |        |
| Prisoner Good Morning       |           |        |           |        |           |        |           |        |