Edge-To-Edge Rider Fitness Program

Week 4

	Set 1		Set 2		Set 3		Set 4	
	# of reps	Weight	# of reps	Weight	# of reps	Weight	# 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								