## Edge-To-Edge Rider Fitness Program

### Week 6

| | # of reps | Weight | # of reps | Weight | # of reps | Weight | # of reps | Weight |
|---|---|---|---|---|---|---|---|---|
| **Lower Day 1** | | | | | | | | |
| Bicycle Squat | | | | | | | | |
| Front Foot Elevated KOT Dual Split Squat | | | | | | | | |
| Goblet Step Down | | | | | | | | |
| B Stance Glute Bridge | | | | | | | | |
| Walking Lunges - Weighted | | | | | | | | |
| | | | | | | | | |
| **Upper Day 1** | | | | | | | | |
| Underhand Bent Over Row | | | | | | | | |
| Single Arm Shoulder Press | | | | | | | | |
| Standing Single Arm Cable Row | | | | | | | | |
| Banded Pull Apart | | | | | | | | |
| Seated BB Chin Up | | | | | | | | |
| | | | | | | | | |
| **Core Day 1** | | | | | | | | |
| Wall Sit March | | | | | | | | |
| Wall Dead Bug | | | | | | | | |
| Low to High Chop | | | | | | | | |
| | | | | | | | | |
| **Upper Day 2** | | | | | | | | |
| Dual DB Prone Row | | | | | | | | |
| Cross Body Single Arm Pull Down | | | | | | | | |
| Bench DB Pullover | | | | | | | | |
| Lateral Raise | | | | | | | | |
| Mixed Grip Bicep Curl | | | | | | | | |
| | | | | | | | | |
| **Core Day 2** | | | | | | | | |
| Wall Sit March | | | | | | | | |
| Wall Dead Bug | | | | | | | | |
| Low to High Chop | | | | | | | | |
| | | | | | | | | |
| **Lower Day 2** | | | | | | | | |
| Sumo Squats | | | | | | | | |
| Staggered Stance RDL | | | | | | | | |
| Hip Thrust | | | | | | | | |
| KB Weight Shift | | | | | | | | |
| Glute Hold Bridge | | | | | | | | |