Edge-To-Edge Rider Fitness Program Week 7

Week 7								
	# 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								