## **Edge-To-Edge Rider Fitness Program** Week 8 # of reps # of reps Weight Weight # of reps Weight Weight # of reps 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				