



# SheADVantage



## Gym Program - Part 3 for 3 weeks

	Body Part	Exercise	Set/Reps	Time	Week 1	Week 2	Week 3	
Warm-Up	All	Rowing Machine, Bike, Treadmill, Elliptical	NA	3-5 min.	Keep track of your weights and time on cardio. This is your maintenance program. Push hard. It's only 2-3 times/week.	Keep track of your weights and cardio time. The last couple of reps should be fairly hard to finish with good form.	Last week of the program. After this week, maintain this program but cut time down so you have more time to RIDE!	
	Back & Chest	Pull ups	3 x 12	20-30 Min.				
		Dumbbell Flys	3 x 12					
	Shoulders, Abs, Lower Back	Upright Rows	3 x 12					
		Super Belt Program All Exercises - 12 Reps Refer to Exercise Sheet	Level 1 (2x) Level 2 (4x) Level 3 (6x)		Alternate Heel Touchers Cross Body Crunch Hip Raise/Butt Lift/Bridge Hydrants	Lying Leg Raise Weighted Twist Plank Side Plank Flutter Kicks	Plank Leg Lift Sit/Squat	Walk
	Biceps & Triceps	Bicep Dumbell Curls	3 x 12					
		Tricep Dips	3 x 12					
	Legs, Adductors & Abductors	Leg Blaster Circuit Approx. 12 minutes	1-2x		<u>Circuit - 45 second rounds (2x)</u> Side lunge (R/L) Front Jump Lunge (R/L) Squats Air Squats (or tuck jumps)		<u>Circuit - 60 second rounds (1x)</u> Jumping Jacks Side Lunge (R/L) Skaters Squats	
	Forearms & Calves	Forearm Dumbell Curls	3 x 12					
		Forearm Dumbell Extensions	3 x 12					
Calf Presses		3 x 12						
Endurance	Cardio	Stationary Bike	Choose one or mix it up.	At least, 65% of Max Heart Rate				
		Stair Climber						
		Elliptical						
		Rower						
		Aerobic Class						
		Outdoor: Mountain Biking						
Flexibility	Full Body	Quadriceps	Minimum Hold Times - 30 sec	10-15 Min.	Stretch all muscles worked! Hold stretches for a minimum of 30 seconds each. 'Focusing both on proper stretching before my rides, and improving my flexibility in the gym, has been one of the most noticeable improvements, because I had such a hard time and felt so awkward moving around on the bike and I was constantly getting cramps in my hips. Not only is my range of motion better, but my muscle stability has improved a ton and I'm able to apply that strength in far more ways.' (Kay N.)			
		Hamstrings						
		Psoas						
		Calves						
		Lower Back						
		Chest						
		Arms						

**Note:** In Part 3 of the SheADVantage program, you will reduce your workout program to 2 -3 workouts per week. The purpose here is to maintain your fitness level, but also freeing up time for motorcycle riding. If you get into mountain biking for your cardio training, the sessions should be at least 1 hour, 2-3 times per week. If you don't get into mountain biking, you need to have this same amount of time in the gym or going similar types of cardio training activities like jogging or going on much longer hikes.

**The routine is set up as such:** you will continue to circuit train, working 2-3 muscle groups together with 3 sets of 12 reps per muscle group. Example: Working back and chest together in one set. Use a weight that will allow you to perform 12 reps, with the final reps fairly hard to perform but still in good form. As it gets easier, stay at that weight and increase your reps to 15. As 15 reps get easy, increase your weight and bring reps back to 12. It's extremely important to always have good form. Use slow and controlled motions, never fast.