



SheADVantage



Home Program - Part 3 for 3 weeks

	Body Part	Exercise	Set/Reps	Time	Week 1	Week 2	Week 3																																																																																																																																																																																									
Warm-Up	All	Stairs, Jumping Jacks, Squats, Walking, Stationary Bike	NA	3-5 min.	Should be using harder colored bands and increase time on cardio. This is your maintenance program. Push hard. It's only 2-3 times/week.	Keep track of your colored bands 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!																																																																																																																																																																																									
		<table border="1" style="width:100%; border-collapse: collapse;"> <tr> <td rowspan="10" style="writing-mode: vertical-rl; transform: rotate(180deg);">Strengthening</td> <td rowspan="2">Back & Chest</td> <td>Pull Ups</td> <td>3 x 12</td> <td rowspan="10" style="writing-mode: vertical-rl; transform: rotate(180deg);">20-30 Min.</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>Push Ups</td> <td>3 x 12</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td rowspan="3">Shoulders, Abs, Lower Back</td> <td>Lateral Shoulder Raises</td> <td>3 x 12</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>Super Belt Program All Exercises - 12 Reps Refer to Exercise Sheet</td> <td>Level 1 (2x) Level 2 (4x) Level 3 (6x)</td> <td>Alternate Heel Touchers Cross Body Crunch Raise/Butt Lift/Bridge Hydrants</td> <td>Hip Fire Flutter Kicks</td> <td>Lying Leg Raise Weighted Twist Plank Side Plank Plank Jacks</td> <td>Plank Leg Lift Sit/Squat</td> <td>Walk</td> </tr> <tr> <td>Biceps & Triceps</td> <td>Elbow Flexion</td> <td>3 x 12</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td></td> <td>Seated Dips <small>Using a chair</small></td> <td>3 x 12</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>Legs</td> <td>Leg Blaster Circuit Approx. 12 minutes</td> <td>1-2x</td> <td></td> <td colspan="3" style="text-align: center;"> Circuit - 45 second rounds (2x) Side lunge (R/L) Front Jump Lunge (R/L) Squats Air Squats (or tuck jumps) </td> <td colspan="3" style="text-align: center;"> Circuit - 60 second rounds (1x) Jumping Jacks Side Lunge (R/L) Skaters Squats </td> </tr> <tr> <td rowspan="3">Forearms & Calves</td> <td>Wrist Flexion</td> <td>3 x 12</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>Wrist Extension</td> <td>3 x 12</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>Standing Calf Raises <small>Using a stair or short 2x4</small></td> <td>3 x 12</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td rowspan="6">Endurance</td> <td rowspan="6">Cardio</td> <td>Mountain Biking</td> <td rowspan="6" style="writing-mode: vertical-rl; transform: rotate(180deg);">Choose one or mix it up.</td> <td rowspan="6" style="writing-mode: vertical-rl; transform: rotate(180deg);">60 Min. 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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. The final reps should be fairly hard to perform but still in good form. As it gets easier, increase your reps. It's extremely important to always have good form. Use slow and controlled motions, never fast.