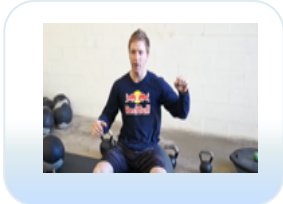





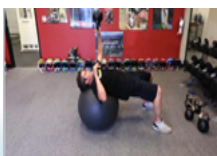

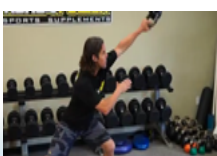


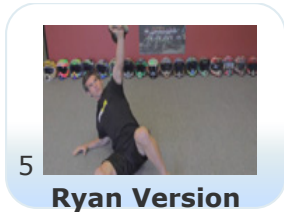
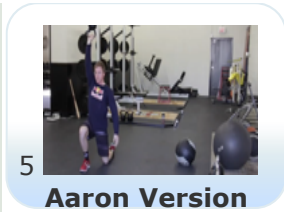


**Complete MTB Workout #1 Featuring Aaron Gwin** [Print](#)

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Lift		Reps	Rest
<b>Part 1: 5 Movement Circuit</b>		<b>Do part one 3 times</b>	
Kneeling Swiss Ball All Shoulder Press			
1  <b>Aaron Version</b>	1  <b>Ryan Version</b>	8 each arm	No Rest
Renegade Squat			
2  <b>Aaron Version</b>	2  <b>Ryan Version</b>	8 each arm	No Rest
Swiss Ball Chest Press One Arm			
3  <b>Aaron Version</b>	3  <b>Ryan Version</b>	8 each arm	No Rest
Kettle Bell Swings – Wood Chop Style			
4  <b>Aaron Version</b>	4  <b>Ryan Version</b>	10 each arm	No Rest
Turkish Get-Up			



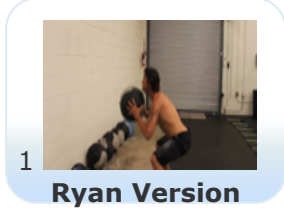
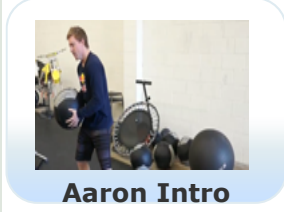
1 each side

1 minute

**Part 2: Medicine Ball Throws**

**Do part two 2-3 times with good form**

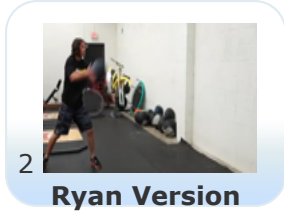
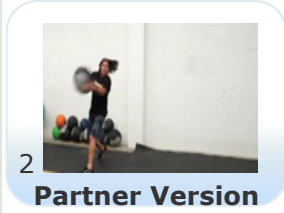
Squat Passes



5

No Rest

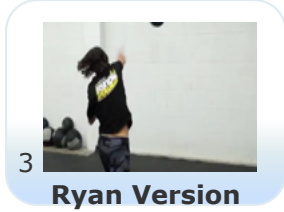
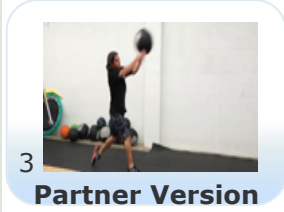
Alternate Side Throws



5 each side

No Rest

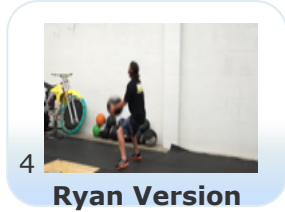
Alternate One Arm



5 each arm

No Rest

Back Throws



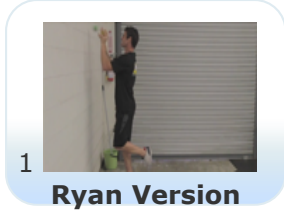
5

No Rest

**Part 2: Eye-Hand**

**Do part two 3 times**

Swiss Ball Eye Hand Drills



30 seconds each foot

1 minute