

AARON GWIN MTB TRAINING #2

EQUIPMENT NEEDED FOR WORKOUT:

BOX, BARBELL, CABLE MACHINE, SWISS BALL, ARM SLING & BROOM STICK

SETS: 3 - 4

LIFT

REPS

REST

CIRCUIT 1: BOX HOPS & BARBELL CLEAN AND PRESS

BOX HOP



**30 SECONDS
AT A TIME**

**NO REST:
CONTINUE TO
NEXT MOVEMENT**



BARBELL CLEAN & PRESS

6 - 8

**REST: 1 MINUTE
THEN REPEAT
CIRCUIT 1 OF 4**

CIRCUIT 2: BARBELL SWISS BALL CHEST PRESS, BARBELL BENT OVER ROW & WOOD CHOPS



SWISS BALL CHEST PRESS

8 - 10

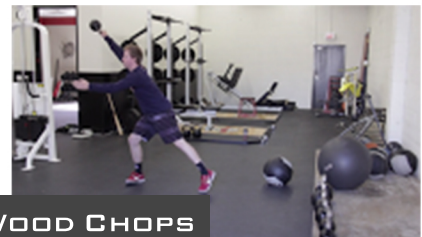
**NO REST:
CONTINUE TO
NEXT MOVEMENT**



BENT OVER ROW

8 - 10

**NO REST:
CONTINUE TO
NEXT MOVEMENT**



WOOD CHOPS

8 - 10

**REST: 1 MINUTES
THEN REPEAT
CIRCUIT 2 OF 4**