

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 3: HANGING LEG RAISES



HANGING LEG RAISES

8 - 10

REST 1: MINUTE
 THEN REPEAT
 CIRCUIT 3 OF 4

CIRCUIT 4: SUPINE LATERAL BALL ROLL

SUPINE ROLL



5 SEC HOLD
5 TIMES EACH

REST 1: MINUTE
 THEN REPEAT
 CIRCUIT 4 OF 4

SUMMARY: AARON GWIN MTB #2

RYAN HUGHES DESIGNED EACH PROGRAM TO FOCUS ON STRENGTH BUILDING AND MUSCULAR ENDURANCE. EACH CIRCUIT IS CUSTOMIZABLE TO YOUR PERSONAL NEEDS AND STRENGTHS. ALL CIRCUITS MUST BE PERFORMED 3 TO 4 TIMES FOR MAXIMUM RESULTS.

FOR BEST RESULTS:

- 1) WATCH RYAN'S TRAINING VIDEOS ON RYNOPOWERGYM.COM
- 2) SETUP CIRCUIT WITHIN CLOSE PROXIMITY WITH EACH OTHER
- 3) PROGRAM A TIMER (WATCH OR PHONE) AHEAD OF WORKOUT
- 4) REHYDRATE AFTER EACH CIRCUIT (WATER AND RYNO POWER CARBO-FUEL)
- 5) REST BETWEEN CIRCUITS

REMEMBER TO CHARGE LIFE WITH RYNO POWER!