

# AARON GWIN MTB TRAINING #3

**EQUIPMENT NEEDED FOR WORKOUT:**

SWISS BALL, BARBELL, CABLE MACHINE, PULL UP BAR, BROOM STICK

**SETS: 3 - 4**

**LIFT**

**REPS**

**REST**

## CIRCUIT 1: KNEELING SWISS BALL FIGURE 8'S & SUMO DEAD LIFTS

FIGURE 8'S



30 SECONDS

**NO REST:**  
CONTINUE TO  
NEXT MOVEMENT

SUMO DEAD LIFTS



4 - 6

**REST: 2-3 MINUTES**  
THEN REPEAT  
CIRCUIT 1 OF 4

## CIRCUIT 2: LOW ROW, SWAN PUSH UPS & PULL UPS

LOW ROW



8 - 10

**NO REST:**  
CONTINUE TO  
NEXT MOVEMENT

SWAN PUSH UPS



MAX FORM

**NO REST:**  
CONTINUE TO  
NEXT MOVEMENT

PULL UPS



MAX FORM

**REST: 2-3 MINUTES**  
THEN REPEAT  
CIRCUIT 2 OF 4