

# 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 3: SWISS BALL LOWER ABS

SWISS BALL LOWER ABS



**8 - 10**

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

## CIRCUIT 4: HORSE STANCE

HORSE STANCE



**5 - 10 SECONDS**  
 HOLD 4 - 5  
 EACH SIDE

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

## SUMMARY: AARON GWIN MTB #3

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 RYNPOWERGYM.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!