

ADVENTURE RIDER Fitness Program - Phase I (Version A)

					Documentation (per workout)									
	Bodypart	Exercise	Set/Reps	Time (min)										
Warm-up	All	Bike or	na	5'-10'										
		Treadmill or	na											
		other...	na											
		Stretching	na											
Strength Training	Abs & lower back	Crunches	3*12	20'-40'										
		Hyperextensions	3*12											
	Legs	Seated calf raises	3*12											
		Leg curls	3*12											
		Leg press	3*12											
	Chest & Back	Benchpress	3*12											
		Lat pulldown	3*12											
	Biceps & Shoulders & Triceps	Seated dumbbell curl	3*12											
		Side lateral raise	3*12											
		Triceps extensions	3*12											
Endurance	Cardio-vascular system	Bike or	na	20'-.....										
		Treadmill or	na											
		Mountain Bike	na											
		other...	na											
Flexibility	See Exercise	Psoas stretch	1-3*30"	10'-20'										
		Lower back stretch	1-3*30"											
		Harmstrings	1-3*30"											
		Calves	1-3*30"											
		Front leg	1-3*30"											
		other...	1-3*30"											

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ADVENTURE RIDER Fitness Program - Phase I (Version B)

					Documentation (per workout)									
	Bodypart	Exercise	Set/Reps	Time (min)										
Warm-up	All	Bike or	na	5'-10'										
		Treadmill or	na											
		other...	na											
		Stretching	na											
Strength Training	Abs & lower back	Lunges	3*12	20'-40'										
		Dead lifts	3*12											
	Legs	Standing calf raises	3*12											
		Leg curls	3*12											
		Squats	3*12											
	Chest & Back	Dumbbell flys	3*12											
		Chin ups	3*12											
	Biceps& Shoulders& Trizeps	Barbell curls	3*12											
		Press behind neck	3*12											
		French press	3*12											
Endurance	Cardio-vascular system	Bike or	na	20'-.....										
		Treadmill or	na											
		Mountain Bike	na											
		other...	na											
Flexibility	See Exercise	Psoas stretch	1-3*30"	10'-20'										
		Lower back stretch	1-3*30"											
		Harmstrings	1-3*30"											
		Calves	1-3*30"											
		Front leg	1-3*30"											
		other...	1-3*30"											

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ADVENTURE RIDER Fitness Program - Phase II (Version A)

		Date/bodyweight	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
		Program A ¹	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	
Program A¹⁻³, Covering Abs, Chest and Legs	Comb. 1*	Crunches																
		Dumbbell Flyes																
	Comb. 2*	Leg Raises (Abs)																
		Incline Bench Press SM																
	Comb. 3*	Leg Curls																
		Calf Raises Seated																
		Leg Extensions																
	Comb. 4*	Donkey Calf Raises																
		Leg Press																
		Cardio (20-40 minutes)																
	Stretching (10+ min)																	

		Date/bodyweight	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
		Program B ¹	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	
Program B¹⁻³, Covering Back, Shoulders, Arms and Lower Back	Comb. 1*	Lat Pulldown behind N.																
		Side Lateral Raise																
	Comb. 2*	Long Pulley																
		Overhead Press on M.																
	Comb. 3*	Incline Dumbbell Curls																
		One Arm Triceps Ext.																
	Comb. 4*	Scott Curls																
		Incline Triceps Extens.																
	Comb. 5*	Hyperextensions																
		Crunches/Sit ups																
	Cardio (20-40 minutes)																	
	Stretching (10+ min)																	

* Comb.(ination) means that these exercises are performed together. E.g. 1 set of pull downs is immediately followed by one set of flyes. Then comes a short break (only as long as you need to catch your breath) followed by another 2 combinations!

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ADVENTURE RIDER Fitness Program - Phase II (Version B)

		Date/bodyweight	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
		Program A ²	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	
Program A¹⁻³, Covering Abs, Chest and Legs	Comb. 1*	Abs on Cross Over																
		Incline Bench Press																
	Comb. 2*	Leg Raises (Abs)																
		Dumbell Flyes																
	Comb. 3*	Leg Curls																
		Calf Raises Seated Front Squats																
Comb. 4*	Calf Raises Standing Leg Extension																	
	Cardio (20-40 minutes) Stretching (10+ min)																	

		Date/bodyweight	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
		Program B ²	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	
Program B¹⁻³, Covering Back, Shoulders, Arms and Lower Back	Comb. 1*	Lat Pulldown before H.																
		Dumbell Presses																
	Comb. 2*	Bend Forward Rowing																
		Side Lateral Raises																
	Comb. 3*	Alternate Dumbell Curls																
		Pushdowns (Lat Mach.)																
Comb. 4*	Concentration Curls																	
	SZ Triceps Extensions																	
Comb. 5*	Stiff-leg Deadlifts																	
	Crunches																	
	Cardio (20-40 minutes) Stretching (10+ min)																	

* Comb.(ination) means that these exercises are performed together. E.g. 1 set of pulldowns is immediately followed by one set of flyes. Then comes a short break (only as long as you need to catch your breath) followed by another 2 combinations!

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ADVENTURE RIDER Fitness Program - Phase II (Version C)

		Date/bodyweight	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
		Program A ³	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12
Program A¹⁻³, Covering Abs, Chest and Legs	Comb. 1*	Abs on Cross Over Bench Press															
	Comb. 2*	Leg Raises (Abs) Incline Dumbbell Flyes															
	Comb. 3*	Leg Curls Calf Raises Standing Squats															
	Comb. 4*	Donkey Calf Raises Leg Extension															
		Cardio (20-40 minutes) Stretching (10+ min)															

		Date/bodyweight	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
		Program B ³	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12	3*12
Program B¹⁻³, Covering Back, Shoulders, Arms and Lower Back	Comb. 1*	Wide Grip Chins Press Behind Neck															
	Comb. 2*	Long Pulley Side Lateral Raises															
	Comb. 3*	Barbell Curls Pushdowns (Lat Mach.)															
	Comb. 4*	Incline Dumbbell Curls One Arm Tric Ext Beh N															
	Comb. 5*	Deadlift Crunches															
		Cardio (20-40 minutes) Stretching (10+ min)															

* Comb.(ination) means that these exercises are performed together. E.g. 1 set of pulldowns is immediately followed by one set of flyes. Then comes a short break (only as long as you need to catch your breath) followed by another 2 combinations!

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