

STRENGTH AND TRAINING II

With the cold weather starting to be more frequent and indoor training beginning for many of us I have been asked by several members about weight training programs.

Some members have asked me for winter programs that will promote muscle endurance. What they mean is that they want to push down on the pedals harder for a longer period of time. Sorry, can't do that. Weight training is for strength. It will help you push harder. Training the cardio-vascular systems will give the muscles the fuel and nutrients they need to work longer. Strength and endurance is like ham and eggs. They go together but come from different sources.

I like a three-day training program. It is a Monday-Wednesday-Friday schedule. It allows for indoor training which I hear is usually Tuesday-Thursday and keeps the weekends open to ride in the cold winter weather. This is a balanced workout and can be modified by the individual for time allowance. I train very quickly with little to no rest period between sets. I superset most muscle groups and can do all the exercises for the day within 40 minutes.

Monday: chest-core-arms

Chest: Pick two of the first 3 and one of the last 2

Bench press

Incline bench press

Seated bench press (machine)

Incline flys

Pec deck (machine)

Core: pick two of the first 4 and do back extensions

Crunches

Roman Chair leg raises

Seated leg raises

Hanging leg raises

Back extensions

I superset chest and core: I do a chest set and then a core set. You do 9 sets of chest and 9 sets of core with little to no rest between sets. Three different chest exercises and three different core exercises.

Arms:

Biceps: Pick 2

Barbell curls (straight bar-curl bar)

Dumbbell curls

Cable curls

Preacher curls

Triceps: Pick 2

Overhead dumbbell extensions

Cable pushdowns (narrow bar overhand grip-rope-inverted V bar)

Any machine tricep exercise

Superset biceps and triceps. Do 4 sets of biceps and 4 sets of triceps.

Wednesday Legs-Core-Arms

Legs: do each exercise

Seated Quad/leg extensions

Hamstring Curls (seated-prone-standing)

Seated leg press (any machine)

Inner Thigh machine

Outer Thigh machine

Lunges

Core:

Pick from Mondays list 2 abs and 1 back

Arms: optional: do Monday arm routine

Do 3 sets of each leg exercise and superset the leg-core (first 3 leg exercises) If you do the arms this will be the longest workout: should take 40-60 minutes total

Friday: Back-Core-Shoulders

Back: pick 3

Seated cable rows

Wide grip cable pulldowns

Narrow grip cable pulldowns

Chin-ups

Alternate one-arm dumbbell rows

Alternate one-arm cable rows

Core: pick 2 abs and 1 back from Monday list

Superset Back and Core exercises

Shoulders: do all 4

Seated military press

Reverse pec deck (rear delt machine)

Lateral raises (dumbbell)

Front raises (dumbbell)

ALL DONE!

Repetitions:

I like to do 12 to 15 repetitions per exercise (except for the core 20-25). Use a poundage that stresses the muscle. Start out light and build up so that the last exercise is hard. Do each repetition SLOWLY concentrating on contracting the target muscle.

Machines:

I have always trained at small "iron" gyms until last year when I joined 24Hour Fitness. I started using a lot of the machines. The new machines really imitate free weight movement and decrease the chance of injury. Try all the different machines. Some will stress the target muscle in a different way then your body is

used to (muscles love that). Freely substitute machine exercises in this workout program. In fact, don't do the same exercises all the time. I mix up my work out every week.

Enjoy... Get strong.... Ride faster!!!!

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Level Three