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# *Destiny Management*

## *Sample Program Design for MotoCross*

### Day One Exercises

<b>EXERCISES:</b>	<b>KEY POINTS:</b>	<b>MAJOR MUSCLES INVOLVED:</b>	<b>MINOR MUSCLES INVOLVED:</b>
FRONT PULL DOWNS (2 sets of 12-15) supersetted w/	Using a cable machine, take a grip 6 inches wider than shoulder width on the bar. Keeping the back arched pull the bar down bringing the elbows into the side. There should be downward rotation of the scapula to initiate the movement. Pull down so that the bar just misses your chin, and then down to your upper chest.	Latisimus Dorsi.	Biceps, Forearms, Upper back.
FLAT BENCH PRESS (2 sets of 12-15)	Your forearms should be perpendicular to the floor when the bar is just above your chest. Lower the bar to your mid-chest (but not touching). Raise it, following a natural arch up over your face. Keep your elbows out and perpendicular to your body.	Pectoralis major.	Triceps; Anterior deltoids; Pectoralis minor, Shoulder girdle muscles.
OVERHEAD SQUATS ON BOSU (3 sets of 1 min.) trisetted w/	With feet shoulder width, toes straight ahead or slightly out, hold a bar, dumbbells, or tubing directly above your head so your arms are in line with your ears. Keep your abdominals tight with your belly button pulled in and your back slightly arched. Keep your head straight and your eyes looking up to help keep your back arched. Bend your knees making sure they travel forward over the first two toes. Make sure your hips descend at the same rate. Try to hold the bar over your head as you lower. Stop just before the lower back starts to round out.	Quadriceps, Gluteus Maximus, Hamstrings, Shoulder girdle.	Abdominals, Spinal Erectors, Upper/Mid back, Arms, Calves, Adductors / Abductors.
STANDING CALF RAISES (2 sets of 15) trisetted w/	Place the balls of your feet on a block. Rise up on your toes as far as possible. Then let your heels down until a stretch is felt on the back of your legs.	Gastrocnemius.	Soleus.
STANDING LATERAL RAISE (2 sets of 15)	Start with the dumbbells in front of your legs, palms facing each other. With a slight bend in the elbow, bring the arms directly out to the side, rotating the front of the dumbbell towards the ground. Bring your arms up parallel to the floor.	Lateral head of the deltoids.	Traps; Anterior/Posterior head of deltoids.
SEATED ROWS (1 set of 35)	On a low pulley cable, keeping your knees slightly bent, lean all the way forward to get a full stretch. Then sit up to a twelve o'clock position. Keep your elbows in to your sides and bring the handle into your upper abdomen.	Latisimus Dorsi, Rhomboids, Teres, Spinal Erectors.	Biceps, Forearms.
BALL PUSH-UPS (1 set of 35)	Placing your hands on the sides of a stability ball, begin from the top position with the arms and hips straight and the abs tight. You may begin doing them from the knees for an easier progression. Lower your chest until it touches the ball and return.	Pectoralis major, Shoulder girdle muscles.	Triceps; Anterior deltoids; Pectoralis minor.

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<b>HIP TWISTS</b> (1 set of 15) supersetted w/	In a push-up position with your legs on a stability ball, rotate you hips and legs 90° so the hips face straight up to the ceiling. Keep the abdominals pulled in tight. Return to the center and rotate the opposite direction. Progress to just having the toes on the ball.	Rectus abdominus, Obliques, Hip flexors, Abductors, Adductors, Spinal Erectors	Chest, Shoulder girdle, Triceps
<b>KNEE TUCKS</b> (1 set of 15)	In a push-up position with your legs on a stability ball, pull your knees into the chest. Keep the abdominals pulled in tight. Return to a straight leg position. Progress to just having the toes on the ball.	Rectus abdominus, Hip flexors, Abductors, Adductors, Spinal Erectors	Chest, Shoulder girdle, Triceps

<b>DUMBBELL GOOD MORNINGS</b> (3 sets of 15) supersetted w/	Starting from a standing position, keeping your knees slightly bent, abdominals tight, a natural arch in the back, and the dumbbells held on the front of the shoulder with the elbow high bend forward from the hip keeping the dumbbells held on the shoulder. Bend forward until a stretch is felt on the hamstrings.	Hamstrings, Gluteus Maximus.	Spinal Erectors, Shoulder girdle.
<b>OVERHEAD LUNGES</b> (2sets of 15)	With feet shoulder width, toes straight ahead or slightly out, hold a bar, dumbbells, or tubing directly above your head so your arms are in line with your ears. Keep your abdominals tight with your belly button pulled in and your back slightly arched. Keep your head straight and your eyes looking up to help keep your back arched. Step forward as far as possible. As you squat down on the front leg, the back leg must bend slightly. The front leg should have a 90° angle at the knee. Adjust the length of the step accordingly. Push off with your front leg as hard as possible to return to the standing position in one step. Alternate legs.	Gluteus Maximus, Hamstrings, Quadriceps.	Calves, Abdominals, Shoulder girdle, Biceps, Triceps, Forearms

<b>TRICEPS PRESS DOWNS</b> (1 set of 35)	On a high pulley with a loop handle, grab with palms facing down. Keep elbows pinned at side and straighten arms, keeping cable going straight down, not back. Keep wrists straight.	Triceps	
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<b>FOREARM CIRCUIT</b>	<ol style="list-style-type: none"> <li>Reverse Wrist curls supersetted w/</li> <li>Wrist curls</li> </ol> <p>Perform for 2 sets of 15 each with no rest. Don't worry about full Range of Motion. Do everything as fast as you can.</p> <ol style="list-style-type: none"> <li>Then do a set of 15 Reverse curls as fast as you can. Repeat the whole thing for 20 and 25 reps.</li> <li>Squeeze bar for 15 sec. Remember to breath</li> <li>Hold your hands in front of your chest with your palms facing out. Open and close your fingers as fast as you can 20 times. Turn your palms towards your body and open and close your fingers as fast as you can 20 times.</li> <li>Pick up the bar, use your left hand to provide resistance and with your right hand rotate the bar out 10 times. Repeat with the other arm.</li> <li>Hold you arms over your head and open and close your fingers as fast as you can 50 times</li> </ol>	Brachialis, Forearm extensors, Forearm flexors	Biceps.
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**Day Two Exercises (Performed as a circuit) 2 circuits of 12-15 reps**

		<b>MAJOR MUSCLES INVOLVED:</b>	<b>MINOR MUSCLES INVOLVED:</b>
<b>EXERCISES:</b>	<b>KEY POINTS:</b>		
UNDER GRIP PULLDOWNS	Using a cable machine, take a grip that is about shoulder width, with your palms facing you. Keeping the back arched pull your body up bringing the elbows into the side. There should be downward rotation of the scapula to initiate the movement. Pull up so the bar touches the base of your skull.	Biceps.	Latisimus Dorsi.
BALL PUSH-UPS	Placing your hands on the sides of a stability ball, begin from the top position with the arms and hips straight and the abs tight. You may begin doing them from the knees for an easier progression. Lower your chest until it touches the ball and return.	Pectoralis major, Shoulder girdle muscles.	Triceps; Anterior deltoids; Pectoralis minor.
LEG PRESS (ONE LEG)	With feet shoulder width apart on the platform, toes straight ahead or slightly out. Keep your abdominals tight and your back arched. Keep your head straight and your eyes looking up to help keep your back arched. Bend your knees making sure they travel forward over the first two toes. Make sure your hips descend at the same rate. Stop just before the lower back starts to round out.	Quadriceps.	Hamstrings, Gluteus Maximus.
CALF PRESSES	Use a leg press machine. Place the balls of your feet on the lower edge of the platform (use the safety spotter bars on the sides of the machine), and push it up as far as you can. Then lower the platform until you feel a good stretch in your calf muscles.	Gastrocnemius.	Soleus.
STANDING LATERAL RAISE	Start with the dumbbells in front of your legs, palms facing each other. With a slight bend in the elbow, bring the arms directly out to the side, rotating the front of the dumbbell towards the ground. Bring your arms up parallel to the floor.	Lateral head of the deltoids.	Traps; Anterior/Posterior head of deltoids.
ARNOLD PRESS	Using dumbbells, start with your palms facing the rear. Press upwards, and when your hands are even with your head, rotate your palms forward. Reverse the process to lower them.	Anterior head of deltoids.	Posterior/Lateral head of deltoids; Triceps.
SEATED ROWS	On a low pulley cable, keeping your knees slightly bent, lean all the way forward to get a full stretch. Then sit up to a twelve o'clock position. Keep your elbows in to your sides and bring the handle into your upper abdomen.	Latisimus Dorsi, Rhomboids, Teres, Spinal Erectors.	Biceps, Forearms.
FRONT/SIDE LATERALS	Bend over at the waist until your torso is parallel to the floor. Hang your arms perpendicular to floor, your palms facing each other, and your arms bent slightly. Move the left arm to the side and upward until your arm is parallel to the floor. At the same time, move your right arm straight forward and up until your arm is parallel to the floor. Try to keep your torso from twisting to the side. Perform for the ½ of the number of repetitions and switch sides for the remaining half.	Shoulder girdle	Deltoids, Teres and Rhomboids.

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STIFF-LEG DEADLIFTS	Starting from a standing position, keeping your knees slightly bent, abdominals tight, a natural arch in the back, and the bar close to and in front of the body, bend forward from the hip. Bend forward until a stretch is felt on the hamstrings.	Hamstrings, Gluteus Maximus.	Spinal Erectors.
LUNGES W/ ROTATION	Starting from a standing position, step forward as far as possible with the left leg. As you squat down on the front leg, the back leg must bend and rotate your torso to the right. On the next repetition rotate your torso to the left. The front leg should have a 90° angle at the knee. Adjust the length of the step accordingly. Push off with your front leg as hard as possible to return to the standing position in one step. Perform on the same on the opposite leg.	Gluteus Maximus, Hamstrings, Quadriceps, Obliques.	Calves, Abdominals, Upper body.
STIFF-ARM PULLDOWNS	Facing a high pulley, grab a straight bar roughly shoulder width. With your elbows slightly bent, bring your hands down to your thighs in a large semi-circle. Pinch your shoulder blades back at the bottom. Keep your knees bent and your abdominals tight.	Latisimus Dorsi/Triceps/Posterior deltoids	Pectoralis major and minor/Abdominals/Serratus
ONE-ARM TRICEPS EXTENSIONS	Hold a dumbbell above your head. Keep your elbow in by the head and pointed straight up to ceiling. Lower dumbbell behind head and return.	Long head of Triceps.	Lateral and Medial head of Triceps.
5 MINUTES OF FUN	Grab a fairly light barbell or PVC pipe. With a firm grip, rotate the bar forward for 1 minute. Then, rotate the bar backward for 1 minute, to the right for 1 minute, and to the left for 1 minute. Finish by performing reverse curls for 1 minute as fast as possible.	Brachialis, Forearm extensors, Forearm flexors	Biceps.
SKIERS	In a push-up position with your knees on a stability ball, rotate your knees to the right as far as possible keeping the hips bent at 90°. Keep the abdominals pulled in tight. Rotate in the other direction.	Rectus abdominus, Obliques, Hip flexors, Abductors, Adductors, Spinal Erectors	Chest, Shoulder girdle, Triceps

STANDING CALF RAISES	Place the balls of your feet on a block. Rise up on your toes as far as possible. Then let your heels down until a stretch is felt on the back of your legs.	Gastrocnemius.	Soleus.
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STANDING REVERSE CALF RAISES	Standing on a block with the toes off the end, point the toes down towards the floor to get a good stretch on the shin. Then, bring the toes up as far as possible.	Tibialis Anterior.	Anterior leg muscle.
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**Training Guidelines:** Follow sets and reps listed

**Cardiovascular Guidelines:** THR = 140-170. Perform 45 min. 4 days per week based on energy levels. On Tuesday and Thursday, perform in interval fashion where you go as hard as you can for 20 sec. then light for 100 sec. On the other days, perform in your THR for at least 60 min.

**Flexibility Guidelines:** See chart. Warm-up first. Never bounce. Perform everyday. Hold 20 sec. and never to the point of pain.