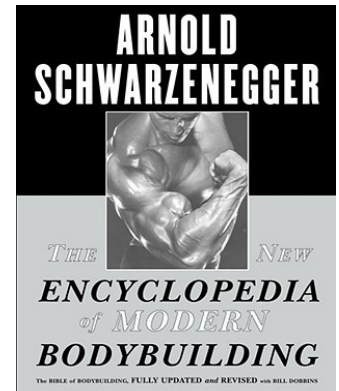
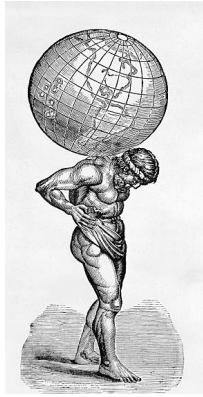


Appalachian ADV Workouts: Strength, Stamina, Balance



AppalachianADV.com
Adventure & Dual Sport
Motorbiking
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See page 30 for Version 8 Updates

Appalachian ADV Workouts: Strength, Stamina, Balance



The inconsistently consistent routine built for ADV Dual Sporting

Fitness and Adventure as a Lifestyle:

These workouts have been inspired by many different routines used over the past 30+ years. From my old Coach Barber to Arnold Schwarzenegger to P90X. From powerlifting to body building to stamina training. I first started pumping iron the summer going into my freshman year of high school but I always had the athletic bug. T-ball/little league/pony league baseball, six years of playing middle and high school football, three years on the high school powerlifting team, two years of football in a Military league in Maryland, coaching an American Football team in Italy, playing a season in the British Baseball Federation, coaching and training middle school football players for 10 years, Physical Training tests over 20 years of military service, training for and competing in a couple triathlons and a few 5Ks, playing personal trainer to many friends over the years, and living the adventure lifestyle through mountain biking, snowboarding, skiing, and other various outdoor activities including ADV and Dual Sport Motorbiking!

Evolution:

The below routines have been set up for home gym use with the help of a set of dumbbells, rubber mat, a workout bench or chairs (and/or a 2-step ladder), a towel, a wall or other rigid surface, steps or blocks, push-up bars (can also use dumbbells), a pull-up bar, and a Balance Board. That said, they could easily be tweaked for use at your local gym.

The premise behind the set up is to consistently be inconsistent. That is, to not perform the same weekly routine more than 3-4 weeks. This is done to constantly challenge the muscles using different forms and patterns that will help with increasing strength as well as stamina and development of each muscle group:

- *Upper Body broken down into chest, back, shoulders, trapezius, biceps, triceps, forearms;
 - Upper Body can be further broken down into Core (chest & back), Arms (shoulder, bi, tri, 4arm), Push (chest, tri, shoulder), Pull (back, bi, 4arm).
- *Core broken down into abdomen, obliques, lower back, hip flexors;
- *Lower Body broken down into quadriceps, hamstrings, gluteus, groin, calf, and shin (tibialis anterior)
 - Lower Body can also be further broken down into Push (quad, calf) and Pull (hamstring)

Suggestions before you start:

Read the disclaimers below. Generally, when first starting out take it easy. If the specific exercise calls for the use of weights, start light with low repetitions (reps). If there are no weights (i.e. push-ups) it is the same premise, low reps. I would recommend this lightened load until you have the form down, your muscles get past the initial shock of starting a workout routine, and you start to get into the exercise groove. Time to push it up once you get into that groove! A proper diet is paramount to a healthy lifestyle and will have a major effect on your workout results. (FYI: a set is a group of reps; a rep is one complete movement of an exercise.)

Before each workout you must complete 5-10 minutes of a warm-up phase that includes callisthenic style warm-ups as well as a mixture of ballistic and static stretches. It is also advised to perform similar movements for a cool down period for at least 5 minutes at the end of the daily routine. Depending on the focus area of the workout you may need to concentrate on specific groups or full body.

Suggested warm-ups include: bouncing on your toes with everything loose, previous with arms swinging alternating in a self-hug, previous arms swinging from floor to ceiling, high knees (slow & fast), butt kicks (slow & fast), jumping jacks, ski runners (arms swinging, feet swinging back & front), neck stretching (rolls & pulls), shrug backwards & forwards, arm circles (tight & wide), back stretch, chest stretch, straight leg toe touch, legs spread floor/left/right touch, groin stretch, hip flexor stretch, calf stretch, quad stretch, etc.

Appalachian ADV Workouts: Strength, Stamina, Balance



Breakdown:

The Starters routine includes six different workouts intended to be used three days a week. In the scheme of the full routine laid out below, this is a precursor to a six day a week routine. The Starters can be used as your main routine but I would suggest adding a cardio-style day once or twice a week. All body parts are hit including core. These routines can be done one week after another, a couple to several weeks of each "Round" before moving on to the next, or in any fashion you find comfortable. As noted before, the intention is to change it up once in a while for best results. Also, any reps listed are general suggestions but each individual should tweak this according to what they are trying to gain out of the workout (more on this later). Below is a quick description of each routine in **The Starters**:

Push/Pull Circuits - circuit training is a style where multiple muscle groups are challenged one after another. This particular circuit groups the challenged muscles based on whether they function to push or pull weight, i.e. chest, tri, quad (these are all "push" muscles).

Stacked Opposites - stack training is a style where a series of exercises for the same muscle group are performed together. This routine will have stacked exercises for opposite groups, i.e. stacked chest and biceps or stacked back and triceps.

Upper Body/Lower Body Circuits - one exercise for each body part lined up based on upper or lower body, i.e. chest exercise followed by back, shoulders, triceps, biceps, etc.

Pyramids Stacked - pyramid training is a style where a single exercise for a single body part is completed one after another with varying reps and weights, i.e. sets of dumbbell rows using 12 reps followed by 10, 8, 10, and 12 reps with weights that increase up to the middle set and decrease to the final set. Each day will be a group of muscles, i.e. back and biceps, and will include a pyramid scheme for some exercises and a stack scheme for others.

Groups Dropped - dropped refers to a "drop set". A drop set is a style where an exercise is performed with a certain weight for a certain amount of reps and is then immediately followed by another set of lighter weight and a certain amount of reps of the same exercise, i.e. Rows using a 50 lb dumbbell for 12 reps, after the last rep a 35 lb dumbbell is used to do another 10 reps with the same arm with no break in between the weight change. Here we have grouped chest & back, legs & shoulders, and bi/tri & 4arm.

Full Circuit - here we hit every body part in the circuit on each day.

The Committed routine is intended to be a five to six day a week workout with several days of weight training (i.e. dumbbell and body weight) that includes strength, stamina, and balance exercises as well as a couple days of cardio style exercise. This routine is broken down into sub-groups called **Shock & Awe**, **Shock & Awe Lite**, **Mayhem**, **Shock Mayhem Hybrid**, **Shock Core Hybrid**, and **Recovery Week**. The intention is to not stay in any one sub-group for more that 3-4 weeks, with the exclusion of the **Recovery Week**. This is intended to be used as a one week "break" between the other sub-groups. As a recovery alternate, you can use your favorite week or combination from **The Starters** but I suggest adding 2 days of cardio and 1 of core-focused.

In general for both routines, when body weight is used for the exercise you will perform maximum repetitions (push or pull until you can't anymore!). If the exercise calls for dumbbells then you will want to decide what you are trying to get out of the routine. If you want to work on cut muscle definition or build stamina then you will want to use low weights and high reps. If you want to work on gaining bulk and increasing strength then use high weight and low reps. I will generally use the "inconsistently consistent" maxim and I will perform a few sub-groups of **The Committed** with high reps and a few with low.

Before starting, review the Medical Disclaimers below and the accompanying "Description of Exercises" for more general information and specific exercise forms for each movement.

Appalachian ADV Workouts: Strength, Stamina, Balance



The Starters - Round One

Push/Pull Circuits

Warm up for 5-10 Min/Cool down for 5 Min...Short Rests...Slow, controlled movements (+/-)...15-12 reps each exercise. Push-ups 30-25 reps.

Day One - Chest, Tri, Quad, Abs				
Push-Ups				
Skull Crushers				
Dumbbell Squat				
Sit-Ups				
Push-Ups				
Skull Crushers				
Dumbbell Squat				
Sit-Ups				
Push-Ups				
Skull Crushers				
Dumbbell Squat				
Sit-Ups				
Day Two - Back, Bi, Ham, Abs				
Dumbbell Row				
Twist Curl				
Kick Whip				
Sitting Ab Pumps				
Dumbbell Row				
Twist Curl				
Kick Whip				
Sitting Ab Pumps				
Dumbbell Row				
Twist Curl				
Kick Whip				
Sitting Ab Pumps				
Day Three - Shoulder, Forearm, Calf, Abs				
Military Shoulder Press				
Forearm 3-Ways				
Feet Apart Balanced Calf				
Sit Up to V Up				
Military Shoulder Press				
Forearm 3-Ways				
Feet Apart Balanced Calf				
Sit Up to V Up				
Military Shoulder Press				
Forearm 3-Ways				
Feet Apart Balanced Calf				
Sit Up to V Up				
Notes:				

Appalachian ADV Workouts: Strength, Stamina, Balance



The Starters - Round Two

Stacked Opposites

Warm up for 5-10 Min/Cool down for 5 Min...Short Rests... Slow, controlled movements (+/-).

Day One – Chest, Bi, Abs				
Push-Up ~ 15-20 Reps				
Military Push-Up ~ 15-20 Reps				
Wide Push-Up ~ 15-20 Reps				
Decline Push-Up ~ 15-20 Reps				
Twist Curl ~ 12-15 Reps				
Hammer Curl ~ 12-15 Reps				
Reverse Curl ~ 12-15 Reps				
Sitting Ab Pumps ~ 15-18 Reps				
Bicycle ~ 15-18 Reps				
Sitting Ab Pump Syn ~ 15-18 Reps				
Day Two - Back, Tri, Abs				
Wide Grip Pull-Up ~ 12-15 Reps				
Narrow Grip Pull Up ~ 12-15 Reps				
Chin Up ~ 12-15 Reps				
Dumbbell Rows ~ 12-15 Reps				
Chair Dips ~ 20-25 Reps				
Skull Crushers ~ 12-15 Reps				
Kickback Twists ~ 12-15 Reps				
Criss Cross Sit-ups ~ 15-18 Reps				
Hips to the Skys ~ 15-18 Reps				
Sit Up to V Up ~ 15-18 Reps				
Day Three - Legs, Shoulders, Abs				
Balanced Lunges ~ 12-15 Reps				
Kick Whip ~ 12-15 Reps				
Feet Together Balance Calf ~ 20-25 Reps				
Balanced Skater Squats ~ 12-15 Reps				
Balanced Front/Back Kick ~ 12-15 Reps				
Toes In Balance Calf ~ 20-25 Reps				
Dumbbell Lunges (Front or Back) ~ 12-15 Reps				
Balanced F/Side/B Kick ~ 12-15 Reps				
Toes Out Balance Calf ~ 20-25 Reps				
Dumbbell Shoulder Fly Out ~ 12-15 Reps				
Dumbbell Shoulder Fly In ~ 12-15 Reps				
Dumbbell Shoulder Fly Back ~ 12-15 Reps				
Heels to the Sky ~ 15-18 Reps				
Oblique Crunches ~ 15-18 Reps				
Kayaker Twist ~ 25-30 Reps				
Notes:				

Appalachian ADV Workouts: Strength, Stamina, Balance



The Starters - Round Three

Upper Body / Lower Body Circuits

Warm up for 5-10 Min/Cool down for 5 Min...Short rests – 15 seconds between exercises... Slow, controlled movements (+/-).

Day One - 1 Set x 20-15 Reps, 2 Rounds (2 Minute Break Between Rounds)				
Dumbbell Bench	/	/	/	/
Dumbbell Rows	/	/	/	/
Military Shoulder Press	/	/	/	/
Skull Crushers	/	/	/	/
Dumbbell Curl	/	/	/	/
Criss Cross Sit-ups	/	/	/	/
Decline Push-Up	/	/	/	/
Wide-Fly Pull-Ups	/	/	/	/
Dumbbell Shoulder Out	/	/	/	/
Overhead Skull Crusher	/	/	/	/
Reverse Curl	/	/	/	/
Sitting Ab Pump Syn	/	/	/	/
Day Two - 1 Set x 20-15 Reps, 2-3 Rounds (2 Minute Break Between Rounds)				
Dumbbell Lunges (Front or Back)	/	/	/	/
Balanced Front/Back Kick	/	/	/	/
Weighted Calf Raises	/	/	/	/
Plank Push-Ups	/	/	/	/
Balanced Deadlift Squat	/	/	/	/
Hammy Three Way (Straight)	/	/	/	/
Core Rolls - 2 Passes, 10 Seconds Each	/	/	/	/
Day Three - 2 Sets x 20-15 Reps, 2 Rounds (2 Minute Break Between Rounds)				
Push-Ups	/	/	/	/
Pull-Ups	/	/	/	/
Skull Crushers	/	/	/	/
Twist Curl	/	/	/	/
Military Shoulder Press	/	/	/	/
Engine Crushers (1 Set x 50-60 Reps)	/	/	/	/
Sit Up to V Up (1 Set x 18-25 Reps)	/	/	/	/
Notes:				

Appalachian ADV Workouts: Strength, Stamina, Balance



The Starters - Round Four

Pyramids Stacked

Warm up for 5-10 Min/Cool down for 5 Min...Short Rests... Slow, controlled movements (+/-).

Day One - Back, Bi, Abs				
Dumbbell Rows - 15 Reps				
Dumbbell Rows - 12 Reps				
Dumbbell Rows - 10 Reps				
Dumbbell Rows - 12 Reps				
Dumbbell Rows - 15 Reps				
Pull-Ups ~ 15-12 Reps				
Pull-Ups ~ 15-12 Reps				
Pull-Ups ~ 15-12 Reps				
Curl STACKED Hammer ~ 15-10 Reps				
Curl STACKED Hammer ~ 15-10 Reps				
Curl STACKED Hammer ~ 15-10 Reps				
Sit-up STACKED Oblique ~ 20-25 Reps				
Sit-up STACKED Oblique ~ 20-25 Reps				
Sit-up STACKED Oblique ~ 20-25 Reps				
Day Two - Chest, Tri, Abs				
Dumbbell Bench - 15 Reps				
Dumbbell Bench - 12 Reps				
Dumbbell Bench - 10 Reps				
Dumbbell Bench - 12 Reps				
Dumbbell Bench - 15 Reps				
Decline Push-Up ~ 25-35 Reps				
Decline Push-Up ~ 25-35 Reps				
Decline Push-Up ~ 25-35 Reps				
Skull Crusher STACKED Kickbacks~15-10 Reps				
Skull Crusher STACKED Kickbacks~15-10 Reps				
Skull Crusher STACKED Kickbacks~15-10 Reps				
Sitting Ab Pump STACKED Syn~20-25 Reps				
Sitting Ab Pump STACKED Syn~20-25 Reps				
Sitting Ab Pump STACKED Syn~20-25 Reps				
Day Three - Legs & Abs				
Balanced Lunges ~ 12-15 Reps				
Dumbbell Lunges (Front or Back) ~ 12-15 Reps				
Balance Deadlift Squats ~ 12-15 Reps				
Balance Skater Squats ~ 12-15 Reps				
Kick Whip ~ 12-15 Reps				
Balanced Front/Back Kick ~ 12-15 Reps				
Hammy Three Way (Straight) - 15 Reps				
3rd World Army Hammy ~ 35-45 Reps				
Calf 3-Way STACK - 20 Reps each				
Calf 3-Way STACK - 20 Reps each				
Sit Up to V Up STACK Kayaker Twist~20-25 Reps				
Sit Up to V Up STACK Kayaker Twist~20-25 Reps				

Appalachian ADV Workouts: Strength, Stamina, Balance



The Starters - Round Five

Groups Dropped

Warm up for 5-10 Min/Cool down for 5 Min...Short Rests... Slow, controlled movements (+/-).

Day One - Chest, Back, Abs				
Dumbbell Bench with DROP~12-10 Reps				
Dumbbell Bench with DROP~12-10 Reps				
Dumbbell Bench with DROP~12-10 Reps				
Dumbbell Bench with DROP~12-10 Reps				
Dumbbell Flies ~ 15-10 Reps				
Dumbbell Flies ~ 15-10 Reps				
Dumbbell Flies ~ 15-10 Reps				
Dumbbell Rows with DROP~12-10 Reps				
Dumbbell Rows with DROP~12-10 Reps				
Dumbbell Rows with DROP~12-10 Reps				
Dumbbell Rows with DROP~12-10 Reps				
Back Flies ~ 15-10 Reps				
Back Flies ~ 15-10 Reps				
Back Flies ~ 15-10 Reps				
Hip Rock STACK Heel Pulse ~ 20-25 Reps				
Hip Rock STACK Heel Pulse ~ 20-25 Reps				
Day Two - Legs, Shoulders, Abs				
Back Lunge 12-15 Reps				
Dumbbell Lunges Front 24-30 Reps				
Side Alternating Lunge 24-30 Reps				
Kick Whip ~ 12-15 Reps				
Balanced Front/Back Kick ~ 12-15 Reps				
Balanced F/Side/B Kick ~ 12-15 Reps				
Feet Together Balance Calf ~ 20-25 Reps				
Toes In Balance Calf ~ 20-25 Reps				
Toes Out Balance Calf ~ 20-25 Reps				
Military Shoulder Press ~ 12-15 Reps				
Military Shoulder Press ~ 12-15 Reps				
Military Shoulder Press ~ 12-15 Reps				
3-Count Shrugs w/ DROP ~ 12-15 Reps				
3-Count Shrugs w/ DROP ~ 12-15 Reps				
Sitting Ab Pump ~ 15-18 Reps				
Bicycle ~ 15-18 Reps				
Sitting Ab Pump Syn ~ 15-18 Reps				
Day Three - Bi, Tri, Forearm, Abs				
Twist Curl with DROP ~ 12-15 Reps				
Twist Curl with DROP ~ 12-15 Reps				
Reverse Curl ~ 12-15 Reps				
Reverse Curl ~ 12-15 Reps				
Skull Crusher with DROP ~ 12-15 Reps				
Skull Crusher with DROP ~ 12-15 Reps				
Overhead Skull Crusher ~ 12-15 Reps				
Overhead Skull Crusher ~ 12-15 Reps				
Forearm 3-Ways ~ 15-20 Reps				
Oblique Crunches ~ 15-18 Reps				
Reach Twist ~ 20-25 Reps				
Engine Crushers ~ 50-60 Reps				

Appalachian ADV Workouts: Strength, Stamina, Balance



The Starters - Round Six

Full Circuit

Warm up for 5-10 Min/Cool down for 5 Min...Short rests...Slow, controlled movements (+/-)...Day One/Two 2X15-12...Day Three 1X12-10 each Drop.

Day One - 1 Set x 12-15 Reps, 2 Rounds				
Decline Push-Up	/	/	/	/
Skull Crusher	/	/	/	/
Oblique Crunches	/	/	/	/
Pull-Ups	/	/	/	/
Dumbbell Curls	/	/	/	/
Scissor Kicks	/	/	/	/
Balanced Lunges	/	/	/	/
Balanced Front/Back Kick	/	/	/	/
Weighted Calf Raises	/	/	/	/
Plank Push-Ups	/	/	/	/
Day Two - 1 Set x 12-15 Reps with Stacks, 2 Rounds				
Dumbbell Bench with Dips	/	/	/	/
Dumbbell Rows with Dumbbell Curls	/	/	/	/
Sitting Ab Pump Syn with Bicycles	/	/	/	/
Dumbbell Lunges Front w/ Weight Calf Raise	/	/	/	/
Balanced F/B Kick with Feet Together Bal Calf	/	/	/	/
Sit Up to V Up with Reach Twist	/	/	/	/
Day Three - 2 Sets x 12-15 Reps with Stacks/Drops, 1 Round				
Dumbbell Bench with Flies	/	/	/	/
Dumbbell Rows with DROP	/	/	/	/
Criss Cross Sit-ups with Hip Rock	/	/	/	/
Skull Crushers with DROP	/	/	/	/
Twist Curl with DROP	/	/	/	/
Heels to the Sky with Oblique Crunches	/	/	/	/
Dumbbell Lunges (Front or Back) with DROP	/	/	/	/
Balanced F/Side/B Kick ~ 24 Reps	/	/	/	/
Weighted Calf Raises with DROP	/	/	/	/
Engine Crushers with Hips to the Sky	/	/	/	/
Notes:				

Appalachian ADV Workouts: Strength, Stamina, Balance



The Committed - Shock & Awe, Day One

Chest & Back - Warm up for 5-10 Min/Cool down for 5 Min...Short rests...Slow, controlled movements (+/-)

Chest - Push-Ups				
Back - Wide Grip Pull-Ups				
C - Decline Push-Ups				
B - Close Grip Pull-Ups				
C - Military Push-Ups				
B - Chin Ups				
C - Balance Board Push-Ups*				
B - Hammer Pulls				
C - Heart2Heart Push-Ups				
B - Dumbbell Rows				
C - Kinetic Push-ups				
B - Back Flies				
B - Wide Grip Pull-Ups				
C - Push-Ups				
B - Chin Ups				
C - Military Push-Ups				
B - Close Grip Pull-Ups				
C - Wide Push-Ups				
B - Hammer Pulls				
C - Decline Push-Ups				
B - Dumbbell Rows				
C - Heart2Heart Push-Ups				
B - Back Flies				
C - Balance Board Push-Ups*				
Total Chest Repititions =				
Total Back Repititions =				

Shock & Awe Lite: Perform only Group 1 or 2 above, taking quick breaks between sets, max reps per set

Notes:

- * Balance Board Push-Ups notation
 - WF = Wide Foot
 - SF = Shoulder Width Foot
 - TF = Tight Foot
 - CF = Cross Foot

The Committed - no weights=max reps; weights=low weight/high reps for cut/stamina -OR- high weight/low reps for bulk/strength

The Committed - Shock & Awe, Day Two

Aerobic style workout: Run, Bike, Plyometrics, Yoga, etc. 20-60 minutes, sweat, higher respirations, higher heart rate. <i>ADV Dual Sporting</i> , Dual Sport or Dirt Bike ride!				
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Appalachian ADV Workouts: Strength, Stamina, Balance



The Committed - Shock & Awe, Day Three

Shoulders & Arms - Warm up for 5-10 Min/Cool down for 5 Min..Short rests...Slow, controlled movements (+/-)

Shoulders-Alternating Military				
Bi - In & Out Curls				
Tri - Kickback				
Shoulders-Alternating Military				
Bi - In & Out Curls				
Tri - Kickback				
Sh - Rotator Press				
Bi - Twist Curls				
Tri - Dips				
Sh - Rotator Press				
Bi - Twist Curls				
Tri - Dips				
Sh - Upright Rows				
Bi - Solo Flex Curls STACK Hammer				
Tri - Overhead Skull Crusher with DROP				
Sh - Upright Rows				
Bi - Solo Flex Curls STACK Hammer				
Tri - Overhead Skull Crusher with DROP				
Sh - Out & Back Shoulder Flies				
Bi - Reverse Curl STACK 4arm Triple				
Tri - Skull Crushers				
Sh - Out & Back Shoulder Flies				
Bi - Reverse Curl STACK 4arm Triple				
Tri - Skull Crushers				
Sh - In & Out Shoulder Flies				
Bi - Curl Up/Hammer Down				
Tri - Lying Solo Tri Extensions				
Balance Board Upper Circuit				
Total Shoulder Repititions =				
Total Bicep Repititions =				
Total Tricep Repititions =				
Shock & Awe Lite: Perform only the first 3 exercises per group, quick breaks per set				
Notes:				

The Committed - no weights=max reps; weights=low weight/high reps for cut/stamina -OR- high weight/low reps for bulk/strength

Appalachian ADV Workouts: Strength, Stamina, Balance



The Committed - Shock & Awe, Day Four

Core Killer - Warm up for 5-10 Min/Cool down for 5 Min Short Rests

Sitting Ab Pump - 25 Reps				
Bicycles - 30 Reps				
Sitting Ab Pump Syn - 25 Reps				
Core Rolls - 2 Passes, 10 Seconds Each				
Criss Cross Sit-Ups - 26 Reps				
Scissor Kicks - 26 Reps				
Plank Push-Ups - 20 Reps				
Hip Flexor Pulse - 25 Reps				
Heels to the Sky - 25 Reps				
Hips to the Sky - 20 Reps each side	/	/	/	/
Sit Up to V Up - 26 Reps				
Reach Twist - 2 sets 20 reps each side	/	/	/	/
Oblique Crunches - 20 each side	/	/	/	/
Engine Crushers - 60-100 Reps				
Superman - 5 Reps 15 Seconds, 5 Sec Rests				
Kayaker Twist - 30-50 Reps				
Plank - 30-90 Seconds				
Crunch Twists - 26 Reps				
Total Core Repititons =				

Notes:

Appalachian ADV Workouts: Strength, Stamina, Balance



The Committed - Shock & Awe, Day Five

Balanced Legs - Warm up for 5-10 Min/Cool down for 5 Min...Short rests...Slow, controlled movements (+/-)

Quad - Balanced Lunges				
Quad/Calf - Calf-Raise Dumbbell Squats				
Hammies - Kick Whip				
Q - Balanced Skater Squats				
H - Balanced Front/Back Kick				
C - Feet Together Balanced Calf				
Q - Wall Squat				
H - Balanced Front/Side/Back Kick				
C - Toes In Balanced Calf				
Q - Dumbbell Lunges (Front or Back)				
Hammy Three Way (Straight)				
C - Toes Out Balanced Calf				
Q - Balanced Deadlift Squat				
H - 3rd World Army Hammy				
C - Feet Apart Balance Calf				
Q - Dumbbell Side Lunge				
H - Double Tap Front/Back Kick				
C - Single Leg Calf Raises				
Q - Balance Board Squats*				
H - Double Tap F-S-B Kick				
Calf Super Set (Fast Twitch): Together				
In				
Out				
Apart				
Single Alternate				
Total Quad Repititions =				
Total Hamstring Repititions =				
Total Calf Repititions =				

Notes:

*Balance Board Squats notation:

SQ = Straight Squat; TT = Toe Touchers; BT=Board Touchers;

Alt=Alternating Hands; BG=Board Grabber

The Committed - no weights=max reps; weights=low weight/high reps for cut/stamina -OR- high weight/low reps for bulk/strength

The Committed - Shock & Awe, Day Six

Aerobic style workout: Run, Bike, Plyometrics, Yoga, etc. 20-60 minutes, sweat, higher respirations, higher heart rate. <i>ADV Dual Sporting</i> , Dual Sport or Dirt Bike ride!				
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After 3-4 weeks of Shock & Awe proceed to Recovery Week

Appalachian ADV Workouts: Strength, Stamina, Balance



The Committed Recovery Week, Day One*

Dynamic Core - Warm up for 5-10 Min/Cool down for 5 Min

Stacked & Staggered Plank-Ups				
Core Rolls - 2 Passes, 10 Seconds Each				
Dumbbell Shoulder Press Lunges				
Squat Weighted Sprint				
Plank Push-Ups				
Sitting Ab Pump Syn				
Reach Twist				
Burpees				
Hips to the Sky				
Squat Dumbbell Press				
Plank Run				
Shuffle Push-Ups				
Core Rolls Reverse - 2 Passes, 10 Seconds Each				
Lunge Kickback Curl Dumbbell Press				
Toe Bouncers				
Yoga Push-ups				
Engine Crushers				
Sit Up to V Up				
Plank				
Tire Drill				
Oblique Crunches				

Notes:

***As an Alternate for Recovery Week: utilize routines from *The Starters* program for Recovery Day 1, 3, &/or 5; or routines noted as Shock & Awe Lite**

The Committed Recovery Week, Day Two

Aerobic style workout: Run, Bike, Plyometrics, Yoga, etc. 20-60 minutes, sweat, higher respirations, higher heart rate. <i>ADV Dual Sporting</i> , Dual Sport or Dirt Bike ride!				
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Appalachian ADV Workouts: Strength, Stamina, Balance



The Committed Recovery Week, Day Three

Full Body Circuit... Warm up for 5-10 Min/Cool down for 5 Min: 1 Set x High Reps, 2-3 Rounds

Decline Push-Up				
Chair Dips				
Sitting Ab Pump Syn				
Pull-Ups				
Twist Curls				
Criss Cross Sit-Ups				
Balanced Deadlift Squat				
Balanced Front/Back Kick				
Balanced Calf Raises				
Engine Crushers				
Decline Push-Up				
Chair Dips				
Sitting Ab Pump Syn				
Pull-Ups				
Twist Curls				
Criss Cross Sit-Ups				
Balanced Deadlift Squat				
Balanced Front/Back Kick				
Balanced Calf Raises				
Engine Crushers				
OPTIONAL 3RD ROUND				
Decline Push-Up				
Chair Dips				
Sitting Ab Pump Syn				
Pull-Ups				
Twist Curls				
Criss Cross Sit-Ups				
Balanced Deadlift Squat				
Balanced Front/Back Kick				
Balanced Calf Raises				
Engine Crushers				

The Committed Recovery Week, Day Four

Aerobic style workout: Run, Bike, Plyometrics, Yoga, etc. 20-60 minutes, sweat, higher respirations, higher heart rate. <i>ADV Dual Sporting</i> , Dual Sport or Dirt Bike ride!				
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Appalachian ADV Workouts: Strength, Stamina, Balance



The Committed Recovery Week, Day Five

Core Killer - Warm up for 5-10 Min/Cool down for 5 Min...Short Rests

Sitting Ab Pump - 25 Reps				
Bicycles - 30 Reps				
Sitting Ab Pump Syn - 25 Reps				
Core Rolls - 2 Passes, 10 Seconds Each				
Criss Cross Sit-Ups - 26 Reps				
Scissor Kicks - 26 Reps				
Plank Push-Ups - 20 Reps				
Hip Flexor Pulse - 25 Reps				
Heels to the Sky - 25 Reps				
Hips to the Sky - 20 Reps each side	/	/	/	/
Sit Up to V Up - 26 Reps				
Reach Twist - 2 sets 20 reps each side	/	/	/	/
Oblique Crunches - 20 each side	/	/	/	/
Engine Crushers - 60-100 Reps				
Superman - 5 Reps 15 Seconds, 5 Sec Rests				
Kayaker Twist - 30-50 Reps				
Plank - 30-90 Seconds				
Crunch Twists - 26 Reps				
Total Core Repititions =				

Notes:

The Committed Recovery Week, Day Six

Aerobic style workout: Run, Bike, Plyometrics, Yoga, etc. 20-60 minutes, sweat, higher respirations, higher heart rate. <i>ADV Dual Sporting</i> , Dual Sport or Dirt Bike ride!				
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After Recovery Week proceed to Shock & Awe, Mayhem, Shock Mayhem Hybrid, or Shock Core Hybrid

Appalachian ADV Workouts: Strength, Stamina, Balance



The Committed - Mayhem, Day One

Chest, Shoulders, & Triceps - Warm up for 5-10 Min/Cool down for 5 Min...Short rests...Slow, controlled movements (+/-)

Chest - Slow Push-Ups				
Shoulders-In & Out Dumbbell Flies				
Triceps - Chair Dips				
C - Cocked Grip Push-Ups				
S - Yoga Shoulder Press				
T - Lying Solo Tri Extensions				
C - Push-Up Flies				
S - Rotator Cuff Doubles				
T - Overhead Skull Crushers				
C - Varied Twitch Push-Ups				
S - Y Shoulder Dumbbell Press				
T - Skull Crushers				
C - Balance Board Push-Ups*				
C - Sideways Push-Ups				
S - Twist Shoulder Flies				
T - Kickback Twist				
C - Jack Balance 1-Arm Push-ups				
S - Light Weight Shoulder Circles				
T - Overhead One Arm Skull Crushers				
C - Clap Push-Ups				
S - Front Shoulder Fly Syn				
T - Overhead One Arm Front Skull Crushers				
C - Yoga Push-Ups				
S - Dumbbell Fly to Row to Press				
T - Lying Underhand Extensions				
Total Chest Repititions =				
Total Shoulder Repititions =				
Total Tricep Repititions =				

Notes:

* Balance Board Push-Ups notation

WF = Wide Foot

SF = Shoulder Width Foot

TF = Tight Foot

CF = Cross Foot

The Committed - no weights=max reps; weights=low weight/high reps for cut/stamina -OR- high weight/low reps for bulk/strength

Appalachian ADV Workouts: Strength, Stamina, Balance



The Committed - Mayhem, Day Two

Core Killer - Warm up for 5-10 Min/Cool down for 5 Min...Short Rests

Sitting Ab Pump - 25 Reps				
Bicycles - 30 Reps				
Sitting Ab Pump Syn - 25 Reps				
Core Rolls - 2 Passes, 10 Seconds Each				
Criss Cross Sit-Ups - 26 Reps				
Scissor Kicks - 26 Reps				
Plank Push-Ups - 20 Reps				
Hip Flexor Pulse - 25 Reps				
Heels to the Sky - 25 Reps				
Hips to the Sky - 20 Reps each side	/	/	/	/
Sit Up to V Up - 26 Reps				
Reach Twist - 2 sets 20 reps each side	/	/	/	/
Oblique Crunches - 20 each side	/	/	/	/
Engine Crushers - 60-100 Reps				
Superman - 5 Reps 15 Seconds, 5 Sec Rests				
Kayaker Twist - 30-50 Reps				
Plank - 30-90 Seconds				
Crunch Twists - 26 Reps				
Total Core Repititons =				

Notes:

Appalachian ADV Workouts: Strength, Stamina, Balance



The Committed - Mayhem, Day Three

Balanced Legs - Warm up for 5-10 Min/Cool down for 5 Min...Short rests...Slow, controlled movements (+/-)

Quad - Balanced Lunges				
Quad/Calf - Calf-Raise Dumbbell Squats				
Hammies - Kick Whip				
Q - Balanced Skater Squats				
H - Balanced Front/Back Kick				
C - Feet Together Balanced Calf				
Q - Wall Squat				
H - Balanced Front/Side/Back Kick				
C - Toes In Balanced Calf				
Q - Dumbbell Lunges (Front or Back)				
Hammy Three Way (Straight)				
C - Toes Out Balanced Calf				
Q - Balanced Deadlift Squat				
H - 3rd World Army Hammy				
C - Feet Apart Balance Calf				
Q - Dumbbell Side Lunge				
H - Double Tap Front/Back Kick				
C - Single Leg Calf Raises				
Q - Balance Board Squats*				
H - Double Tap F-S-B Kick				
Calf Super Set (Fast Twitch): Together				
In				
Out				
Apart				
Single Alternate				
Total Quad Repititions =				
Total Hamstring Repititions =				
Total Calf Repititions =				

Notes:

* Balance Board Squats notations:

SQ = Straight Squat; TT = Toe Touchers; BT=Board Touchers; Alt=Alternating Hands; BG=Board Grabber

The Committed - no weights=max reps; weights=low weight/high reps for cut/stamina -OR- high weight/low reps for bulk/strength

The Committed - Mayhem, Day Four

Aerobic style workout: Run, Bike, Plyometrics, Yoga, etc. 20-60 minutes, sweat, higher respirations, higher heart rate. <i>ADV Dual Sporting</i> , Dual Sport or Dirt Bike ride!				
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Appalachian ADV Workouts: Strength, Stamina, Balance



The Committed - Mayhem, Day Five

Back and Biceps - Warm up for 5-10 Min/Cool down for 5 Min...Short rests...Slow, controlled movements (+/-)

Back - Wide Grip Pull-Ups				
Back - Dumbbell Rows				
Biceps - Dumbbell Twenty Ones				
Bi - Dumbbell Cross Body Curls				
Back - Switch Grip Pull-Ups				
Wide - Close Grip - Chin - Hammer				
Back - Elbows Out Dumbbell Rows				
Bi - Reverse Curl				
Bi - Twist Concentration Curl				
Back - Pull-Up Shifting				
Back - Reverse Grip Standing Rows				
Bi - Lateral Arm Curl				
Bi - Solo Flex Curls				
Back - Off Kilter Pull-Ups (Switching)				
Back - Close Grip Pull-Ups				
Bi - One Arm Reverse Curl				
Bi - Corkscrew Concentration Curl				
Back - Hammer Pull-Ups				
Back - Dumbbell Back Flies				
Bi - Curl Up Hammer Down				
Bi - Hammer Curls				
Back - Max Rep Pull-Up (Any Grip)				
Back - Superman (6x10 Seconds)				
Bi - In & Out Hammer Curls				
Bicep Strip Sets: Curl				
Hammer				
Reverse				
Twist				
Total Back Repititions =				
Total Bicep Repititions =				
Notes:				

The Committed - no weights=max reps; weights=low weight/high reps for cut/stamina -OR- high weight/low reps for bulk/strength

The Committed - Mayhem, Day Six

Aerobic style workout: Run, Bike, Plyometrics, Yoga, etc. 20-60 minutes, sweat, higher respirations, higher heart rate. <i>ADV Dual Sporting</i> , Dual Sport or Dirt Bike ride!				
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After 3-4 weeks of Mayhem return to... The Committed Recovery Week

Appalachian ADV Workouts: Strength, Stamina, Balance



The Committed - Shock Mayhem Hybrid, Day One

Chest & Back - Warm up for 5-10 Min/Cool down for 5 Min...Short rests... Slow, controlled movements (+/-)

Chest - Push-Ups				
Back - Pull-Ups				
C - Military Push-Ups				
B - Chin-Ups				
C - Wide Fly Push-Ups				
B - Close Grip Pull-Ups				
C - Decline Push-Ups				
B - Hammer Pull-Ups				
C - Heart2Heart Push-Ups				
B - Dumbbell Rows				
C - Kinetic Push-Ups				
B - Dumbbell Back Flies				
C - Push-Up Flies				
B - Pull-Up Shifting				
C - Slow Push-Ups				
B - Superman (6x15 Seconds)				
C - Cocked Grip Push-Ups				
B - Elbows Out Dumbbell Rows				
C - Balance Board Push-Ups*				
Back - Switch Grip Pull-Ups				
Wide - Close Grip - Chin - Hammer				
Total Chest Repititions =				
Total Back Repititions =				

Notes:

* Balance Board Push-Ups notation

WF = Wide Foot

SF = Shoulder Width Foot

TF = Tight Foot

CF = Cross Foot

The Committed - no weights=max reps; weights=low weight/high reps for cut/stamina -OR- high weight/low reps for bulk/strength

The Committed - Shock Mayhem Hybrid, Day Two

Aerobic style workout, bonus to include balance: Run, Bike, Plyometrics, Yoga, etc. 20-60 minutes, sweat, higher respirations, higher heart rate.				
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Appalachian ADV Workouts: Strength, Stamina, Balance



The Committed - Shock Mayhem Hybrid, Day Three

Shoulders & Arms - Warm up for 5-10 Min/Cool down for 5 Min...Short rests...Slow, controlled movements (+/-)

Shoulders - Military Shoulder Press				
Biceps - In & Out Dumbbell Curls				
Tri - Kickback				
Sh - Rotator Press				
Bi - Twist Curls				
Tri - Dips				
Sh - Upright Rows				
Bi - Solo Flex Curls STACK Hammer				
Tri - Overhead Skull Crusher with DROP				
Sh - Out & Back Flies				
Bi - Reverse Curl STACK 4arm Triple				
Tri - Skull Crushers				
Sh - In & Out Flies				
Bi - Curl Up/Hammer Down				
Tri - Lying Solo Tri Extensions				
S - Light Weight Shoulder Circles				
Bi - Corkscrew Concentration Curl				
T - Overhead Front & Back Tri Extensions				
S - Fly-Row-Press Balance Board				
Bicep Strip Sets: Curl				
Hammer				
Reverse				
Twist				
Triceps Stacked Set: Skull				
Overhead Skull				
Dips				
Kickback				
Total Shoulder Repititions =				
Total Bicep Repititions =				
Total Tricep Repititions =				
Notes:				

The Committed - no weights=max reps; weights=low weight/high reps for cut/stamina -OR- high weight/low reps for bulk/strength

Appalachian ADV Workouts: Strength, Stamina, Balance



The Committed - Shock Mayhem Hybrid, Day Four

Core Killer - Warm up for 5-10 Min/Cool down for 5 Min... Short Rests

Sitting Ab Pump - 25 Reps				
Bicycles - 30 Reps				
Sitting Ab Pump Syn - 25 Reps				
Core Rolls - 2 Passes, 10 Seconds Each				
Criss Cross Sit-Ups - 26 Reps				
Scissor Kicks - 26 Reps				
Plank Push-Ups - 20 Reps				
Hip Flexor Pulse - 25 Reps				
Heels to the Sky - 25 Reps				
Hips to the Sky - 20 Reps each side	/	/	/	/
Sit Up to V Up - 26 Reps				
Reach Twist - 2 sets 20 reps each side	/	/	/	/
Oblique Crunches - 20 each side	/	/	/	/
Engine Crushers - 60-100 Reps				
Superman - 5 Reps 15 Seconds, 5 Sec Rests				
Kayaker Twist - 30-50 Reps				
Plank - 30-90 Seconds				
Crunch Twists - 26 Reps				
Total Core Repititions =				

Notes:

Appalachian ADV Workouts: Strength, Stamina, Balance



The Committed - Shock Mayhem Hybrid, Day Five

Balanced Legs - Warm up for 5-10 Min/Cool down for 5 Min...Short rests... Slow, controlled movements (+/-)

Quad - Balanced Lunges				
Quad/Calf - Calf-Raise Dumbbell Squats				
Hammies - Kick Whip				
Q - Balanced Skater Squats				
H - Balanced Front/Back Kick				
C - Feet Together Balanced Calf				
Q - Wall Squat				
H - Balanced Front/Side/Back Kick				
C - Toes In Balanced Calf				
Q - Dumbbell Lunges (Front or Back)				
Hammy Three Way (Straight)				
C - Toes Out Balanced Calf				
Q - Balanced Deadlift Squat				
H - 3rd World Army Hammy				
C - Feet Apart Balance Calf				
Q - Dumbbell Side Lunge				
H - Double Tap Front/Back Kick				
C - Single Leg Calf Raises				
Q - Balance Board Squats*				
H - Double Tap F-S-B Kick				
Calf Super Set (Fast Twitch): Together				
In				
Out				
Apart				
Single Alternate				
Total Quad Repititions =				
Total Hamstring Repititions =				
Total Calf Repititions =				

Notes:

*Balance Board Squat notations:

SQ = Straight Squat; TT = Toe Touchers; BT=Board Touchers; Alt=Alternating Hands; BG=Board Grabber

The Committed - no weights=max reps; weights=low weight/high reps for cut/stamina -OR- high weight/low reps for bulk/strength

The Committed - Shock Mayhem Hybrid, Day Six

Aerobic style workout, bonus to include balance: Run, Bike, Plyometrics, Yoga, etc. 20-60 minutes, sweat, higher respirations, higher heart rate.				
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After 3-4 weeks of Shock Mayhem Hybrid return to...The Committed Recovery Week

Appalachian ADV Workouts: Strength, Stamina, Balance



The Committed - Shock Core Hybrid, Day One

Chest, Back, & Core - Warm up for 5-10 Min/Cool down for 5 Min...*Short rests...Slow, controlled movements (+/-)*

Chest - Push-Ups				
Back - Wide Grip Pull-Ups				
C - Decline Push-Ups				
B - Close Grip Pull-Ups				
Sitting Ab Pump - 25 Reps				
Bicycles - 30 Reps				
Sitting Ab Pump Syn - 25 Reps				
Core Rolls - 2 Passes, 10 Seconds Each				
C - Military Push-Ups				
B - Chin Ups				
C - Wide Push-Ups				
B - Hammer Pulls				
Criss Cross Sit-Ups - 26 Reps				
Scissor Kicks - 26 Reps				
Plank Push-Ups - 20 Reps				
Hip Flexor Pulse - 25 Reps				
C - Heart2Heart Push-Ups				
B - Dumbbell Rows				
C - Kinetic Push-ups				
B - Back Flies				
Heels to the Sky - 25 Reps				
Hips to the Sky - 20 Reps each side	/	/	/	/
Sit Up to V Up - 26 Reps				
Reach Twist - 2 sets 20 reps each side	/	/	/	/
C - Max Out Balance Board Push-Ups				
B - Max Out Wide Grip Pull-Ups				
Oblique Crunches - 20 each side	/	/	/	/
Engine Crushers - 60-100 Reps				
Superman - 5 Reps 15 Seconds, 5 Sec Rests				
Kayaker Twist - 30-50 Reps				
Total Chest Repititions =				
Total Back Repititions =				
Total Core Repititions =				

The Committed - no weights=max reps; weights=low weight/high reps for cut/stamina -OR- high weight/low reps for bulk/strength

Balance Board(BB)PushUP: WF = Wide Foot; SF = Shoulder Width Foot; TF = Tight Foot; CF = Cross Foot

BBSquats: SQ = Straight Squat; TT = Toe Touchers; BT=Board Touchers; Alt=Alternating Hands; BG=Board Grabber

The Committed - Shock Core Hybrid, Day Two

Aerobic style workout: Run, Bike, Plyometrics, Yoga, etc. 20-60 minutes, sweat, higher respirations, higher heart rate. <i>ADV Dual Sporting</i> , Dual Sport or Dirt Bike ride!				
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Appalachian ADV Workouts: Strength, Stamina, Balance



The Committed - Shock Core Hybrid, Day Three

Shoulders, Arms, & Core - Warm up for 5-10 Min/Cool down for 5 Min...Short rests...Slow, controlled movements (+/-)

Shoulders-Alternating Military				
Bi - In & Out Curls				
Tri - Kickback				
Sitting Ab Pump - 25 Reps				
Bicycles - 30 Reps				
Sitting Ab Pump Syn - 25 Reps				
Sh - Rotator Press				
Bi - Twist Curls				
Tri - Kickback Twist				
Core Rolls - 2 Passes, 10 Seconds Each				
Criss Cross Sit-Ups - 26 Reps				
Scissor Kicks - 26 Reps				
Sh - Upright Rows				
Bi - Solo Flex Curls STACK Hammer				
Tri - Overhead Skull Crusher with DROP				
Plank Push-Ups - 20 Reps				
Hip Flexor Pulse - 25 Reps				
Heels to the Sky - 25 Reps				
Sh - Out & Back Flies				
Bi - Reverse Curl STACK 4arm Triple				
Tri - Skull Crushers				
Hips to the Sky - 20 Reps each side	/	/	/	/
Sit Up to V Up - 26 Reps				
Reach Twist - 2 sets 20 reps each side	/	/	/	/
Sh - Balance Board Shoulder Circuit				
Bi - Max Out Curl				
Tri - Max Out Dips				
Oblique Crunches - 20 each side	/	/	/	/
Engine Crushers - 60-100 Reps				
Superman - 5 Reps 15 Seconds, 5 Sec Rests				
Kayaker Twist - 30-50 Reps				
Total Shoulder Repititions =				
Total Bicep Repititions =				
Total Tricep Repititions =				
Total Core Repititions =				

The Committed - no weights=max reps; weights=low weight/high reps for cut/stamina -OR- high weight/low reps for bulk/strength

The Committed - Shock Core Hybrid, Day Four

Aerobic style workout: Run, Bike, Plyometrics, Yoga, etc. 20-60 minutes, sweat, higher respirations, higher heart rate. <i>ADV Dual Sporting</i> , Dual Sport or Dirt Bike ride!				
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Appalachian ADV Workouts: Strength, Stamina, Balance



The Committed - Shock Core Hybrid, Day Five

Balanced Legs & Core - Warm up for 5-10 Min/Cool down for 5 Min...Short rests...Slow, controlled movements (+/-)

Quad - Balanced Lunges				
Quad/Calf - Calf-Raise Dumbbell Squats				
Hammies - Kick Whip				
Sitting Ab Pump - 25 Reps				
Bicycles - 30 Reps				
Sitting Ab Pump Syn - 25 Reps				
Q - Balanced Skater Squats				
H - Balanced Front/Back Kick				
C - Feet Together Balanced Calf				
Core Rolls - 2 Passes, 10 Seconds Each				
Criss Cross Sit-Ups - 26 Reps				
Scissor Kicks - 26 Reps				
Q - Wall Squat				
H - Balanced Front/Side/Back Kick				
C - Toes In Balanced Calf				
Plank Push-Ups - 20 Reps				
Hip Flexor Pulse - 25 Reps				
Heels to the Sky - 25 Reps				
Q - Dumbbell Lunges (Front or Back)				
Hammy Three Way (Straight)				
C - Toes Out Balanced Calf				
Hips to the Sky - 20 Reps each side	/	/	/	/
Sit Up to V Up - 26 Reps				
Reach Twist - 2 sets 20 reps each side	/	/	/	/
Q - Balanced Deadlift Squat				
H - 3rd World Army Hammy				
C - Feet Apart Balance Calf				
Oblique Crunches - 20 each side	/	/	/	/
Engine Crushers - 60-100 Reps				
Superman - 5 Reps 15 Seconds, 5 Sec Rests				
Q - Balance Board Squats				
H - Double Tap Front/Back Kick				
C - Single Leg Calf Raises				
Kayaker Twist - 30-50 Reps				
Plank - 30-90 Seconds				
Crunch Twists - 26 Reps				
Q - Iso Lunge				
H - Double Tap F-S-B Kick				
Calf Super Set (Fast Twitch): Together				
In				
Out				
Apart				
Single Alternate				

The Committed - no weights=max reps; weights=low weight/high reps for cut/stamina -OR- high weight/low reps for bulk/strength

The Committed - Shock Core Hybrid, Day Six

Aerobic style workout: Run, Bike, Plyometrics, Yoga, etc. 20-60 minutes, sweat, higher respirations, higher heart rate. ADV Dual Sporting, Dual Sport or Dirt Bike ride!				
After 3-4 weeks of Shock Core Hybrid return to...The Committed Recovery Week				

Appalachian ADV Workouts: Strength, Stamina, Balance



Use the below table to document things such as routine title, dates, rep counts, body weight, or other similar information that you would like to track.

Workout Days & Weight Tracking Log		

Appalachian ADV Workouts: Strength, Stamina, Balance



MEDICAL DISCLAIMERS

*Appalachian ADV strongly recommends that you consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. Appalachian ADV is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

*You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Appalachian ADV from any and all claims or causes of action, known or unknown, arising out of use of these workouts.

*The information provided is not intended to be a substitute for professional medical advice, diagnosis or treatment. Never disregard professional medical advice, or delay in seeking it, because of something you have read on this website or any website. Never rely on information on this or any other website in place of seeking professional medical advice.

*Appalachian ADV is not responsible or liable for any advice, course of treatment, diagnosis or any other information, services or products that you obtain through this site. You are encouraged to consult with your doctor with regard to this information contained on or through this website. After reading articles, watching videos or reading other content from this website, you are encouraged to review the information carefully with your professional healthcare provider.

*We make every effort to ensure that we accurately represent these products and services and their potential for results. There is no guarantee that you will experience the same results and you accept the risk that the muscle building results, fitness results, competition results and fat loss results differ by individual. We make no guarantees concerning the level of success you may experience, and you accept the risk that results will differ for each individual.

*Each individual's health, fitness, and nutrition success depends on his or her background, dedication, desire, and motivation. As with any health-related program or service, your results may vary, and will be based on many variables, including but not limited to, your individual capacity, life experience, unique health and genetic profile, starting point, expertise, and level of commitment.

*There is no assurance that examples of past fitness, competition, muscle building and/or fat burning results can be duplicated in the future. We cannot guarantee your future results and/or success. Nor can we guarantee that you maintain the results you experience if you do not continue following the program. We are not responsible for your actions.

*The use of our information, products and services should be based on your own due diligence and you agree that our company is not liable for any success or failure of your physique that is directly or indirectly related to the purchase and use of our information, products and services.

*Extreme caution should be taken when using a Balance Board or similar apparatus. Ensure there is plenty of space around the Balance Board and there are no objects under or in an approximate 8 foot radius around the unit. Ideally the Balance Board is placed on a carpeted surface. If available, the Balance Board should be set on the easiest setting (i.e. shortest) until the user becomes more comfortable with the unit and the noted exercises. Prior to performing any exercises noted above or described in the Description of Exercises, the user should perform basic balance stances and techniques to become familiar with the Balance Board. The Balance Board should be serviced or replaced when any damage occurs to the coverings (i.e. grip tape, carpeted cover, etc.), the Balancer, and/or the Balance Board, if applicable.

Appalachian ADV Workouts: Strength, Stamina, Balance



P90X and many great home gym items can be found at BeachBody.com.

Arnold Schwarzenegger-The New Encyclopedia of Modern Bodybuilding
Unabridged, November 5, 1999; ISBN-13:978-0684857213

Version 8 (v8) Updates: Addition of Balance Board Routines including specific Medical Disclaimer, Shock & Awe Lite, Total Repetition Counts, updated Core Worksheets for "two-sided" routines (i.e. addition of " / " in the box to count/notate both sides).

A final word of advice, focus. Focus your concentration on the muscle or muscle groups the routine is designed to workout. Focus to bring your mind and muscles into The Zone...

The Zone. The place in your mind where everything melts away to hyperfocus on the task at hand.

In football, between the whistles all outside sounds fade away. The only thing filling your ears is the cadence, the audibles, the sounds of cleats digging into the field and the crunch of pads hitting your current nemesis. Your mind consumed in the tasks at hand.

In track, the focus narrows to your breathing, your stride, your pace, your heart rate, your destination. Nothing else. The tasks at hand consumes every thought, muscle, and moment.

In powerlifting, aided by the cheers of your teammates every fiber and synapse is used to focus the energy into the muscle groups required to push or pull the cold steel. ATP utilized through a hyperfocused mind consumed by the task at hand.

The mechanized rider, equipped with motorbike weapon of choice, must stay in the zone while #ADVDualSporting the large bike through the challenging terrain of the trail. Consumed in the tasks at hand, the rider must hyperfocus attention on every nook and cranny of the rugged surface and utilize muscle memory while flicking the bike to and fro. The power of the bike, the power of the mind, the power of ATP. Each hand, each arm, each leg, core, mind, and bike...all must flow in a balanced and coordinated dance if the pair wishes to remain, in The Zone.