

# ADVENTURE RACING

## STRENGTH TRAINING PLAN FOR BEGINNERS

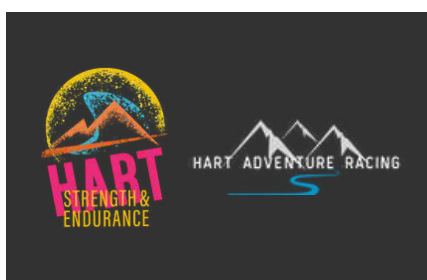


**EQUIPMENT NEEDED:** A set of resistance bands, and a floor mat, if desired!

**RECOMMENDED WARM UP:**

Run through the warmup list, top to bottom, 3x: Wall or incline pushups x 10 reps / Sit-to-stands x 10 reps / Bird Dogs (alternating) x 10 reps / Shoulder I, Y, T's x 10 reps each (unweighted). Please feel free to add any mobility exercises you enjoy, or like to do before lifting.

EXERCISE:	# REPS	REST	# SETS
<b>SINGLE ARM BENT OVER ROW</b> USING RESISTANCE BANDS	10-12	30 SEC - 1 MIN	3
<b>PUSH UPS</b> WALL, MODIFIED (KNEE) OR FULL	10-12	30 SEC - 1 MIN	3
<b>AIR SQUAT</b>	10-12	30 SEC - 1 MIN	3
<b>WALKING LUNGES</b>	10-12 REPS PER SIDE	30 SEC - 1 MIN	3
<b>KNEELING BAND PULL APARTS</b> USING RESISTANCE BANDS	10-12	30 SEC - 1 MIN	3
<b>FRONT RAISES</b> USING RESISTANCE BANDS	10-12 REPS PER SIDE	30 SEC - 1 MIN	3
<b>SINGLE LEG WINDMILL TOUCHES</b>	10-12 REPS PER SIDE	30 SEC - 1 MIN	3
<b>DEAD BUGS</b>	10-12 REPS PER SIDE	30 SEC - 1 MIN	3



### NOTES:

For detailed instructions on how to incorporate this workout into your adventure race training, please visit:  
<https://hartadventureracing.com/adventure-race-training-tips/>

**DISCLAIMER:** This workout was designed for educational purposes, and is not a prescribed training plan for any particular individual. Understand that when participating in strength training exercises, there is the possibility of physical injury. If you engage in this workout you agree that you do so at your own risk, are voluntarily participating in these activities, and assume all risk of injury to yourself. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. If you are not comfortable performing a movement, ask a trained fitness professional for in person help!