ACHIEVE YOUR PEAK
PHYSIO | STRENGTH

FREE WEEK

The Trail-Ready Body

7 days to less pain and better riding.

3 strength days | 40 min each | Gym or home



Dr. Mikayla Jansen, PT, DPT
Doctor of Physical Therapy who rides · @themtbpt



WEEK AT A GLANCE

Your week

This week builds the strength that keeps you riding: legs, hips, core and upper body. The days are in an order that keeps your legs fresh for your big ride. Do it in the gym or at home with bands.

MON	**Session 1** Squat · Hinge · Push	LIFT · 40 MIN
TUE	**Ride 1** Skills at an easy pace	RIDE
WED	**Session 2** Hinge · Lunge · Pull	LIFT · 40 MIN
THU	**Recover** Walk, mobility or rest	REST
FRI	**Session 3** Hinge · Press · Pull	LIFT · 40 MIN
SAT	**Ride 2** Your big trail ride	RIDE
SUN	**Ride 3** Optional easy spin	RIDE

HOW IT WORKS

Warm-up	Do 5 minutes of easy spin or fast walk. Then do the prep (block A).
Warm-up set	1 set of 10 reps at 50% effort. Then increase the weight.
Working sets	2 sets of 6 to 8 reps at 70% effort. At 70% effort, you can do 3 more reps with correct form.
Rest	Rest 90 seconds between working sets.
At home	Most exercises have a band option. Hold the band long for warm-up sets and shorter for working sets.
Weeks 2–4	Change one thing each week: add 5% effort, or 1 to 2 reps, or lower the weight over 3 seconds. Never change all three at once.

A

EVERY STRENGTH DAY STARTS HERE

Thoracic extension + hip airplanes

2 × 8 – Thoracic extension
2 × 8 per leg – Hip airplanes

Why Opens your upper back and hips before you load them. This stops stiff spots from making your neck, low back and knees work harder.

1. Lie on your back with a foam roll across your upper back. Put your hands behind your head.
2. Extend back over the roll slowly. Do 8 reps. Move the roll up a few inches after rep 4.
3. Keep your ribs down. Keep the roll off your low back.
4. Stand on one leg. Hinge forward over it.
5. Slowly rotate your pelvis open toward the ceiling. Then rotate it closed. Do 8 reps on each leg.
6. Keep your standing knee still. Hold a wall or rack for balance.





Watch demo



DAY 1 · MONDAY

Session 1

Today you squat, hinge on one leg and push.

THE SESSION

A) Prep

Watch demo

2 × 8 – Thoracic extension

2 × 8 per leg – Hip airplanes

B) Squat

1 × 10 warm-up

2 × 6–8 @ 70%

Rest 90 s

C) Single-leg RDL (each leg)

1 × 10 warm-up

2 × 6–8 @ 70%

Rest 90 s

D) Dumbbell bench press

1 × 10 warm-up

2 × 6–8 @ 70%

Rest 90 s

E) Core finisher: Pallof press (each side)

2 × 8

Rest 60 s

HOW TO DO EACH LIFT

B) Squat



Watch demo

CUE Sit down between your heels. Do not sit back to a bench. Keep your knees over your middle toes. Keep your chest tall.

HOME Stand on the band, feet hip-width, handles at your shoulders. For working sets, hold the band a few inches below the handles.

WHY Builds leg drive for steep climbs. Helps you stay low and ready on long, rough descents.

C) Single-leg RDL



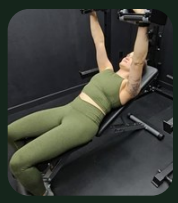
Watch demo

CUE Hinge at the hips. Push your hips back. Do not drop your chest. Do not arch your low back.

HOME Stand on the band with your standing foot. Hold the other end in the opposite hand. For working sets, wrap the band once around your hand.

WHY This helps your hips stay stable on the bike.

D) Dumbbell bench press



Watch demo

CUE Pull your shoulder blades back and down into the bench. Lower with your elbows at approximately 45° from your sides.

HOME Attach the band behind you at chest height. Press from a split stance. For working sets, step forward and hold the band shorter. Do this until the last 2 reps are hard.

WHY Builds push strength to take front-end hits and hold the bars on drops. Your arms take the load, not your shoulders.

E) Core finisher: Pallof press



Watch demo

CUE Do not let your torso turn toward the pull. Stay square. Breathe.

HOME Attach the band at chest height to the side of you. Press it straight out from your chest.

WHY Trains your core to stop rotation. This keeps you in control on rough trail features.

DAY 3 · WEDNESDAY

Session 2

Your heaviest day. You hinge, train one leg at a time and pull.

THE SESSION

A) Prep Watch demo

2 × 8 – Thoracic extension

2 × 8 per leg – Hip airplanes

B) Deadlift

1 × 10 warm-up

2 × 6–8 @ 70%

Rest 90 s

C) Bulgarian split squat (each leg)

1 × 10 warm-up

2 × 6–8 @ 70%

Rest 90 s

D) Lat pulldown

1 × 10 warm-up

2 × 6–8 @ 70%

Rest 90 s

E) Core finisher: Copenhagen plank (each leg)

2 × 15 s

Rest 60 s

HOW TO DO EACH LIFT

B) Deadlift



Watch demo

CUE Push the floor away with your legs. Keep the weight near your shins. At the top, squeeze your glutes. Do not lean back.

HOME Stand in the middle of the band, feet hip-width. Hinge down. Hold the band. For working sets, hold the band lower, nearer your feet.

WHY Builds strength in the back of your body. You use it to stand up and climb, hold attack position and lift the bike over obstacles.

C) Bulgarian split squat



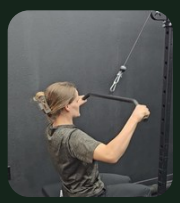
Watch demo

CUE Before you set up, take 3 foot-to-foot steps ahead of the bench. This gives the correct stance width, so your knee tracks correctly.

HOME Put your back foot on a chair. Put the band under your front foot, handles at your shoulders. For working sets, hold the band shorter.

WHY Builds single-leg strength and stability. This helps you absorb trail hits and keep power on technical terrain.

D) Lat pulldown



Watch demo

CUE Pull your elbows down to your back pockets. Keep your ribs down. Do not lean far back to pull more weight.

HOME Attach the band at the top of a door. Kneel. Face the anchor. For the warm-up, kneel close with a long grip. For working sets, move back and hold the band shorter.

WHY Strong lats keep your arms active, not locked. Then you can pull the bike in for pumps and manuals and absorb hits.

E) Core finisher: Copenhagen plank



Watch demo

CUE This exercise is difficult. If it is new, put your knee on the bench, not your ankle. Increase slowly.

WHY Trains your adductors. These muscles keep your knees stable and help you grip the bike in corners.

DAY 5 · FRIDAY

Session 3

Mostly upper body today, with a lighter hinge.



THE SESSION

A) Prep

Watch demo

2 × 8 – Thoracic extension

2 × 8 per leg – Hip airplanes

B) Romanian deadlift (RDL)

1 × 10 warm-up

2 × 6–8 @ 70%

Rest 90 s

C) Shoulder press in a lunge (each arm)

1 × 10 warm-up

2 × 6–8 @ 70%

Rest 90 s

D) Row

1 × 10 warm-up

2 × 6–8 @ 70%

Rest 90 s

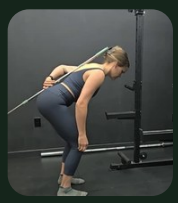
E) Core finisher: Plank with shoulder taps (each side)

2 × 10 taps

Rest 60 s

HOW TO DO EACH LIFT

B) Romanian deadlift (RDL)



Watch demo

CUE Keep your knees slightly bent. Slide the weight down your thighs. Stop when your hamstrings are fully stretched. Keep your back flat.

HOME Stand on the band, feet hip-width. For working sets, hold the band lower. If your legs feel heavy, do 6 reps in each working set today.

WHY Makes your hamstrings and glutes stronger in the same hips-back position you hold on each descent.

C) Shoulder press in a lunge



Watch demo

CUE Do it in a lunge position, so the movement is closer to your riding stance.

HOME Half-kneel with the band under your front foot. Press with the opposite arm. For working sets, hold the band shorter.

WHY Builds press strength and lower-body stability at the same time. It is a full-body MTB movement.

D) Row



Watch demo

CUE Pull your elbow to your hip. Stop for 1 second at the top. Keep your shoulder away from your ear.

HOME Attach the band at chest height. Stand and face it. For the warm-up, stand close with a long grip. For working sets, step back and hold the band shorter.

WHY Balances the hours you spend bent over the bars. Builds upper-back strength to hold your posture on long descents.

E) Core finisher: Plank with shoulder taps



Watch demo

CUE Start in a high plank, feet a little wider than your hips. Tap the opposite shoulder. Keep your hips still. Go slowly.

HOME If your hips move side to side, put your knees on the floor.

WHY Trains your core and shoulders to stay stable. One hand often works harder than the other on rough terrain.



TUE · THU · WEEKEND

Ride and recover days

TUE · RIDE 1 — 60–90 min

Skills and easy miles

Ride 60 to 90 minutes at a pace where you can talk. Select one skill: cornering, body position on descents or line choice. Ride one short section a few times.

THU · RECOVER — Easy day

Rest and mobility

Walk, stretch your hips and upper back, or rest fully. Your body gets stronger when you recover.

SAT · RIDE 2 — Longest ride

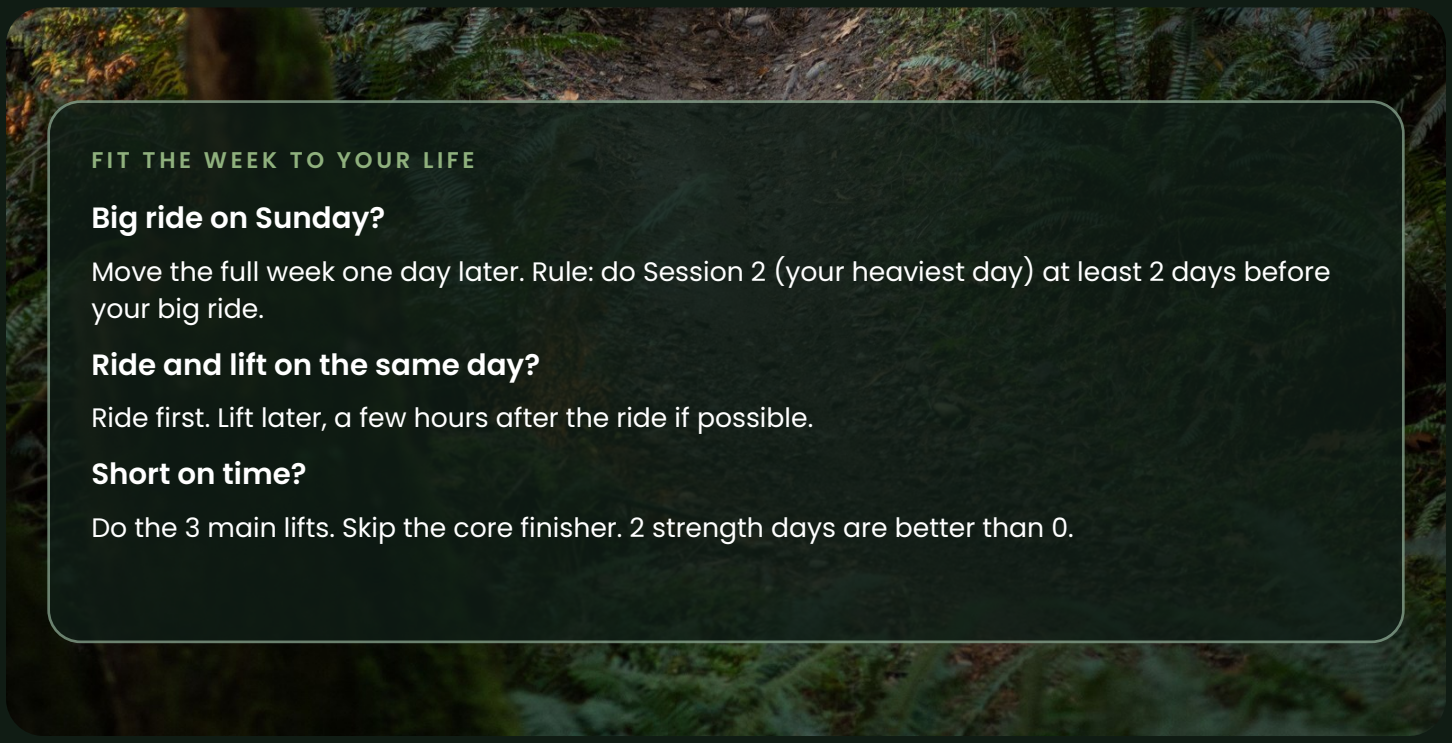
Your big trail ride

Do your longest or hardest ride of the week. Late in the ride, notice how your legs and back feel. This training builds that.

SUN · RIDE 3 · OPTIONAL — Short and easy

Easy spin

Do a short, easy ride or rest fully. If you are sore or tired from Saturday, rest.



FIT THE WEEK TO YOUR LIFE

Big ride on Sunday?

Move the full week one day later. Rule: do Session 2 (your heaviest day) at least 2 days before your big ride.

Ride and lift on the same day?

Ride first. Lift later, a few hours after the ride if possible.

Short on time?

Do the 3 main lifts. Skip the core finisher. 2 strength days are better than 0.

AFTER WEEK ONE

Keep building

Two ways to keep going with Mikayla.



1:1 COACHING

Rehab to Strength

- Full-body assessment with Mikayla
- Weekly 1:1 video calls
- A plan built around your rides
- Message her between sessions

Scan the code or tap the button

Book your free 30-minute call

30 minutes on video with Mikayla. She marks up your plan for your body.

SELF-GUIDED APP

Rider Strength Library

- Every program: by body area or general strength
- Gym or home with bands
- Video demos Mikayla recorded
- Plans that fit around your riding

Scan the code or tap the button

Start Free Trial

7 days free in the Everfit app. Then $30 per month. Cancel any time.

For general education. This is not individual medical advice. If an exercise causes pain that is more than normal muscle effort, stop. Get it checked.