



# Motocross Fitness: The Ultimate Home Training Guide for Motocross Athletes

*Rodney Womack CSCS*

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## **Motocross Fitness: The Ultimate Home Training Guide for Motocross Athletes** Rodney Womack CSCS

The 3rd edition of Motocross Fitness: The Ultimate Home Training Guide for Motocross Athletes has 189 pages of photos and exercise descriptions specifically designed for the demands of motocross racers. This new, updated 3rd edition of Motocross Fitness has exercises and workouts for beginners as well as experienced motocross athletes, and it is appropriate for all fitness and skill levels. This book includes sample weekly workouts designed for those who want to train at home with little or no special equipment. Included in Motocross Fitness are: 10+ types of pushups; neck exercises to protect against injury; exercises to strengthen your midsection and lower back; exercises that will increase strength, flexibility, and endurance; workouts to increase endurance without long distance running; unconventional exercises and workouts to eliminate boredom; mental preparation; and workouts you can do anywhere at any time. Motocross Fitness is a complete guide for motocross athletes who want to maximize their fitness and racing potential.

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