

FOUNDATION FITNESS FOR ENDURO

3-Week Program Featuring Wade Young

Hi,

Base Fit joined forces with Wade Young, world enduro champion and youngest rider ever to win the Roof of Africa, and to help you achieve foundational fitness for enduro and be the best rider you can be.

If you ride dirt bikes, then you need to be effectively conditioned! Why? Because whether you are a skilled rider, or just starting out, your riding capability can be doubled even tripled, or even more, when your body is as finely tuned as your bike!

Base Fit programs mimic as many riding scenarios as possible from a strength, stamina, as well as mental focus perspective. The trick is having the ability to generate power from your core which Wade has mastered. This is also the reason most other training programs are not effective for enduro.

The exercises we use will improve your aerobic capacity, strength endurance, balance, agility, mobility, stamina and give you explosive power. In other words:

- You will be able to ride for longer,
- recover quicker,
- make less mistakes,
- manoeuvre your bike with more confidence and
- finish with 'gas in the tank'.

The Base Fit Foundation Fitness series sets the foundation for any type of physical fitness, so it is the perfect place for you to get going. The purpose of this program is:

- 1. Align your posture first!**
Just like a car, misalignment causes compensatory issues further down the line. Let's us help you address these first. Assessment and correction of your flexibility and increased durability.
- 2. Injury risk assessment:** Prevention of acute and chronic conditions including lower back, sciatica, joints, muscular, and mindset concerns to name a few.
- 3. Adaption:** You can expect to be a little stiff when starting out on this program as you may not be used to the exercise used. It is also not uncommon to be stiffer on one side than the other.
- 4. Rest and Ride:** There are only 2 programs included each week to allow time for you to get a ride in each week as well as have a rest day. Not resting enough is a common problem. Please do not train on stiff muscles, but rather give yourself an extra day to recover.

The first week will be your easiest week as your motivation and enthusiasm is high.

Over next 3 weeks you will work your way through 12 purpose-built core stability and enduro fitness basics programs. Each fitness program is designed to progressively prepare your body for your fitness journey by:

- correcting your posture,
- mobilizing your joints,

It is very important to perform a proper warm up before any type of physical activity. The purpose of a warm up is to prevent injury by increasing the body's core and muscle temperature. Warm muscles increase the rate of energy production which increases reflexes and lowers the time it takes to contract a muscle. A good warm up should also increase range of motion and mentally prepare you for exercise. You will find a body weight warm up for you with your Enduro Fitness Ignition Pack

Stretching is a critical part of the Base Fit training regime, and unfortunately the most neglected by the general fitness public. Stretching is the deliberate lengthening of a muscle to improve flexibility and joint range of motion. Proper stretching helps prepare the body for activity, reduces the risk of injury, and reduce muscle soreness. You will find a body weight warm up for you with your Foundation Fitness pack.

Remember to book your complimentary coaching call with Base Fit included with this program. Reach out to us on online@basefit.co.za. Looking forward to helping you make a massive shift in your riding fitness.

The Base Fit Team