

CORE STRENGTH

Welcome to the first article from Elemental Fitness that is geared towards training techniques for riding and racing. Let me first tell you a little about myself. I have a Bachelor of Science in Exercise and Health Physiology and my passion is training athletes and enhancing athletic performance. I have been involved in the motocross scene all my life and now race in Alberta, as well as the Women's Pro Circuit in Canada.

My background in motocross led me to training athletes in the industry where I combined my knowledge in both fields to assist athletes in performing to the best of their ability. Over the past two years I have been training Canadian National pro racers Jared Stock #75 and Jeff Northrop #7. In addition, this year I brought on Canadian pro Kyle Ward #61 and Women's Pro Amber Giroux, #8.

In my articles I will be looking at training issues that riders come across in motocross and provide workouts and training techniques that I use with my athletes.

For my first article, I wanted to cover the problem that everyone who races motocross has encountered – the dreaded Arm Pump. A common misperception is that the cure for arm pump is to strengthen the upper body. Unfortunately, strength here will not help with the persistent pain in the forearms that obstructs our braking and clutching abilities, diminishing our chances of finishing a moto strong.

While building upper body strength and endurance is important for a lot of movements on the bike, arm pump is not one of them. The secret to ensure that your arms aren't going to get pumped during a moto is to build lower body and core strength. Building strength and endurance in these areas will help to control the bike less with your arms and more with the legs and core, opening blood vessels and relieving the constricted blood flow in your forearms, which causes arm pump.

My athletes can testify that their training programs have core training four to five days of the week, which helps them feel stronger and more confident on the bike. Remember,

when training the core, it is more than doing crunches and working out the abdominal muscles. It is important to know that the core also includes the muscles in the back and the oblique muscles, which are on the sides of your body.

Strengthening all areas of the core is vital to ensuring the balance of opposing muscle groups to prevent injury. This leads us up to the first workout for you to try. You can use this workout once or twice a week to help increase muscular endurance and strength. This is a challenging workout, physically and mentally, so try to push through the pain and finish all reps and sets!

THE WORKOUT

These exercises are to be performed one right after the other with no rest between exercises. Perform 15-20 reps of each exercise before moving onto the next exercise. After finishing all the exercises once through, rest five minutes and perform again for a total of three times.

Alternating Toe Touch



1. Lie back onto floor with feet up into the air.
2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor. Extend one arm and reach for the opposite foot. Return to start position and repeat with other hand.



Ankle Wiggles

1. Lie back on the floor with knees bent 90 degrees and hands at your side.
2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off the floor. Reach for your ankle with one hand and repeat with the other side.



Double Crunch

1. Lie back onto floor with knees bent and hands behind head. Keep elbows back and out of sight.
2. Leading with the chin and chest towards the ceiling, contract the abdominals and raise shoulders off floor. During the crunch, also bring your knees towards your chest.



Flutter Kicks

1. Lie back on the floor with your legs straight so they are perpendicular off the floor at a 45° angle. Place your hands under your glutes.
2. Slowly lower one leg approximately 45°.
3. Return to the start position and repeat with the other leg at a controlled pace.



V-Sit

1. Lie back onto floor with your legs straight and your hands extended above your head.
2. Leading with the chin and chest towards the ceiling, contract the abdominals and raise shoulders off the floor; raise your legs up towards the ceiling and attempt to touch your hands to your feet.



Scissor Kicks

1. Lie back on the floor with your legs straight so they are perpendicular and 45° off the floor. Place your hands under your glutes.
2. Slowly bring your legs out away from each other and then return.
3. Repeat with a controlled pace.



Windmills

1. Lie on your back and raise your legs straight into the air.
2. Rotate your legs, keeping them straight to the side and then return to the starting position. Repeat on the other side.



Alternating Supermans

1. Lie face-down on the floor with your arms extended overhead.
2. Raise your left arm and right leg four to eight inches off the floor.
3. Lower and raise alternate opposite arm and leg.
4. Keep alternating at a controlled pace



Core Side Bridges

1. Lie on your side with your elbows at a 90° angle.
2. Lift yourself up to form a plank with your right arm straight and your left arm pointed to the ceiling.
3. Hold this position for 30 seconds.
4. Repeat with the other side.

I hope you enjoy the workout! If you're interested in any type of training program that will get you fit and in shape, whether you are riding, racing or even watching from the sidelines, shoot me an e-mail at trainelemental@aol.com. Personal training is tough but right now distance training is popular in the sport and my programs are individualized and amazing. And when I say amazing I mean tough but, man, they get you ready to race. Just ask Amber, my brother or Kyle. Good luck to all the racers this 2010 season. Until next time Train. Ride. Race.