



FREE TRAINING GUIDE

STRENGTH BASICS

Four lift patterns and twelve weeks build a body that survives the descent, not just the climb.



WHY IT MATTERS

Trail Skill Has a Strength Ceiling

Skill gets you to the feature. Strength decides what happens when you get there. A body that can absorb force, hold a position under fatigue, and generate power on demand rides better — and crashes less badly — than one that can't.

Mountain biking asks your legs to eccentrically load through compressions, your core to resist rotation over rough terrain, and your grip and upper back to survive a two-hour descent without folding. None of that happens on the bike alone. Two structured strength sessions a week, built around a handful of basic patterns, raises the ceiling on everything your skills coach is trying to teach you.



FOUR PATTERNS, EVERY SESSION



SQUAT PATTERN



HINGE PATTERN



PULL PATTERN

ANTI-ROTATION
CORE

You don't need a competition lift total. You need these four patterns loaded consistently, with the weight increasing gradually over the block.





THE PROGRAM

The Basics — 12-Week Block

3

PHASES

2X

SESSIONS / WEEK

12

WEEK BLOCK

LIFT	SETS x REPS	PATTERN
Goblet Squat	3 x 8	Squat
Romanian Deadlift	3 x 8	Hinge
Single-Leg Step-Up	3 x 10 / side	Squat (unilateral)
Bent-Over Row	3 x 10	Pull
Dead Bug	3 x 12 / side	Anti-rotation core
Farmer's Carry	3 x 40m	Grip + trunk

HOW THE 3 PHASES PROGRESS

Weeks 1-4 — Foundation: master the range of motion. Moderate load, perfect form.

Weeks 5-8 — Load: add weight, hold the same rep ranges. This is where strength is built.

Weeks 9-12 — Power: same lifts, faster concentric intent. Strength becomes usable strength.



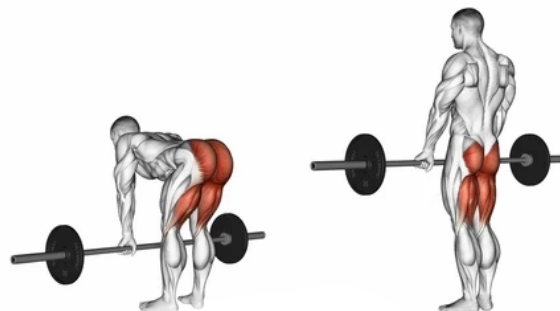
THE PROGRAM

How To Do Each Lift



GOBLET SQUAT

Elbows inside knees, chest up, sit between the heels



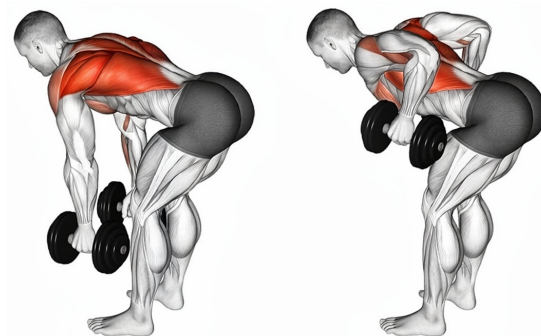
ROMANIAN DEADLIFT

Hinge the hips back, soft knees, bar stays close to the legs



SINGLE-LEG STEP-UP

Drive through the whole foot on the box, don't push off the trail leg



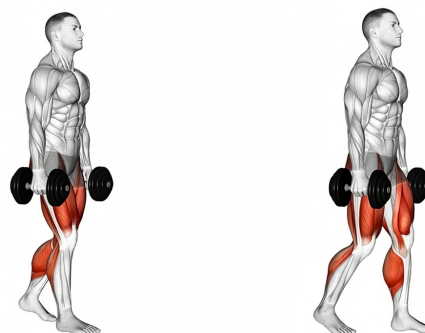
BENT-OVER ROW

Flat back, pull the elbows past the ribs, no torso swing



DEAD BUG

Ribs down, press the low back flat, move opposite arm and leg together



FARMER'S CARRY

Tall posture, shoulders back, walk in a straight, controlled line



READY FOR MORE?

“Strength Basics” is one piece of the system. The full Chainring Performance program pairs posture, strength, and on-bike readiness into a single 12-week block built specifically for mountain bikers.

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