

RAPTOR 700 vs. HONDA 700XX

BIG SPORT QUAD SHOOTOUT!

JULY 2008

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GUIDE TO OREGON'S COAST



YAMAHA RAPTOR 700



HONDA 700XX

WHICH 700 IS KING OF THE HILL?



FIRST TEST

TESTING THE 830cc V-TWIN RHINO!

9000-MILE ATV RIDE

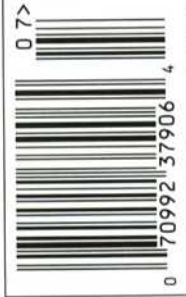
HONDA 450R HOP-UP

CAN-AM'S NEW MINI QUAD



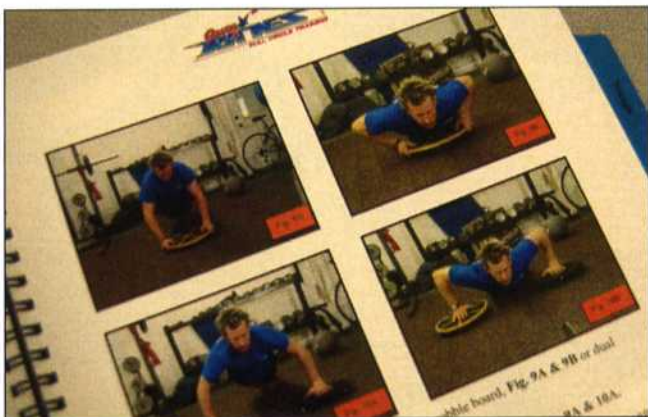
IS THE NEW RENEGADE 500 4x4 BETTER THAN THE 800?

\$5.99



Att'n Retailer: Please display until July 3

TRAIN



Using a training manual such as the Jason Raines book, you can train when you want and where you want. It has a complete list of workouts specifically designed for racers.

The ultimate indoor endurance training weapon, the TX-IV from Man and Machine and Concept2 is an endurance training system that focuses on proper body position with intensity equivalent to, or exceeding, actual sport conditions. ➤



Standard Transformx Endurance Bars (\$90) are a wide stance fitness bar for all exercises ranging from rowing to pull-ups. One training bar brings proprioceptive (balance) principles to the classic push-up and is easily attached to their other products. The collapsible TX-3R Transformx Endurance bar with shifter push-up/pull-up transmission and push-up/pull-up skidplate was developed for easy storage and travel.

ation, and stabilization. This method of training allows the exercises being performed to utilize all three anatomical planes of motion: frontal, sagittal, and transverse. An example of a functional movement would be a lateral step press.

ATVing is a full body activity requiring all aspects of human movement to be functioning at the same time. Training for a sport like this requires multiple movement exercises involving all of the body's systems including cardiovascular, respiratory, muscular, and nervous systems. Program design should include movements that simulate movements while riding an ATV. Examples of these would be weight shifting from side to side, pushing and pulling while moving up and down, and pushing and pulling while moving side to side. Effective programs will incorporate multiple exercises, performed in circuit style fashion, varying the speed and tempo, which in return will help to develop all of the body's systems.

The final and most important part of any fitness program is that it has to be individualized. Each and every one of us is different, and participating in a sport and hobby such as ATVing can lead to injuries. This is why it is very important to work with a qualified, experienced, and well-educated fitness professional. The fit-

ness professional should also have knowledge of the sport and hobby, hopefully participating in it as well.

LESSON PLAN

If you can't afford or don't have the time to go the trainer route, Pro GNCC rider Jason Raines has a complete training manual for do it yourselfers. A Washington state native, Jason started his GNCC career living with engine guru Mickey Dunlap in Pennsylvania. His book, called Full Circle Training, jumps right into lessons on warming up, weight training, balance and cardio exercises. Multi time ATV champion Barry Hawk uses Jason's training manual in his current training program.

Detailed instructions along with example photography will walk you right through a complete workout for any level of rider. The training manual sells for \$50. You can't get a half hour session with any trainer for that price. To order, contact Jason directly at jason_raines@msn.com or check out his website at www.jasonraines-fullcircletraining.com

HELPFUL PRODUCTS

There are tons of fitness gimmicks and gismos out there, so why not at least try the ones that are developed with the ATVer in mind? The Moto Stik is a MX inspired pogo stick that helps develop cardio while working on balance as well. The stick has handlebars to hold on to, foot pegs

for your feet, and a gas cap for a tension adjuster. Three sizes of Motosticks are available. A mini one for 40-75-pound riders (\$50), one for 50-100-pound riders (\$190), and one for 90-220-pound riders (\$200). Moto sticks are an easy way to get your heart rate up just before a moto. Check out www.motostik.com or call them at (877)moto999.

Transformx Endurance Bars (\$90) are a wide stance fitness bar for all exercises ranging from rowing to pull ups. TX-2R, TX-3R combined with the TX-RAR represent seven years of testing and prototyping to deliver the world's only compact training bar which delivers push-up and/or pull-up exercise capabilities. One training bar that does it all.

The collapsible TX-3R (\$350) Transformx Endurance bar has shifter push-up/pull-up transmission and removable generation 3, push-up/pull-up skidplate for easy storage and travel, now drilled for lighter weight.

Man and Machine and Concept2 have joined forces to create an endurance training system, the TX-IV-(\$2300) that focuses on proper body position with intensity equivalent to, or exceeding, actual sport conditions. See complete demonstrations of these product at www.manandmachine.com or to order one now call (907) 230-3775. ☐

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