GS Motocross

Training and Diet Manual

SEMIX

TECHNIQUE VIDEOS
SEMIX.COM
The information contained in this book is designed to give a person the information in order to be better able to get in good physical shape but there are no guarantees. Training can result in bodily injury or death, the responsibility of any bodily injury, death, or property damage rest solely on the reader.
# Table of Contents

Intense Endurance Weight Training Program 1 ............ pg. 1  
Aerobic Weight Training Program 2 .......................... pg. 2  
Overall Body Strength Training Program ................. pg. 3  
Motocross Specific Program 1 ................................ pg. 4  
Examples of Workouts Using Cross Training Methods .... pg. 5  
GS Calisthenics ......................................................... pg. 6  
Stretching ................................................................. pg. 7  
Stretching Methods ..................................................... pg. 8  
Stretching Program ..................................................... pg. 8  
Abdominal Work ......................................................... pg. 9  
GS Abdominal Work .................................................... pg. 9  
Training When Sick .................................................... pg. 10  
Diet Information ......................................................... pg. 12  
Complex Carbohydrates .......................................... pg. 15  
Proteins ..................................................................... pg. 15  
Fats and Oils ............................................................... pg. 16  
Junk Food ................................................................. pg. 16  
Vitamin and Mineral Supplements ............................ pg. 17  
Meal Samples ............................................................ pg. 18  
How to Fuel Up on Race Day ..................................... pg. 20
# Intense Endurance Weight Training Program 1 for M-X

(Always do a light warm-up and cool down for 8 to 10 minutes before and after). The table below provides the exercises, repetitions, and sequence for the program. This program should be done once or twice a week, no later than Thursday if you’re racing on Sunday.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Reps</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) <strong>Bench Press</strong> Super Set 1 and 2</td>
<td>“FA”</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td>2) <strong>Lat Pull Downs</strong></td>
<td>15</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>3) <strong>Squats or Leg Press</strong> Super set 3, 4, &amp; 5</td>
<td>15</td>
<td>15</td>
<td>“LP” 15 do leg press on last set</td>
</tr>
<tr>
<td>4) <strong>Calf Raises</strong></td>
<td>“FA”</td>
<td>15</td>
<td>“FA”</td>
</tr>
<tr>
<td>5) <strong>Dumbbell Wings</strong> (side 30 degrees)</td>
<td>15</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>6) <strong>Sitting Cable Rows</strong></td>
<td>30-35</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7) <strong>Decline Dumb-Bell Bench Press</strong></td>
<td>30-35</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8) <strong>ABB Work of your choice</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9) <strong>Leg Curl Machine</strong> Super set 9 &amp; 10</td>
<td>15</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td>10) <strong>Leg Extension Machine</strong></td>
<td>“FA”</td>
<td>15</td>
<td>“FA”</td>
</tr>
<tr>
<td>11) <strong>Upper Dead Lifts</strong></td>
<td>15</td>
<td>“CR”</td>
<td>15</td>
</tr>
<tr>
<td>12) <strong>Bar Bell Curls Half Reverse</strong></td>
<td>30-35</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13) <strong>Tricep Cable Press</strong></td>
<td>30-35</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

“FA” ::: Fore arm sets. Forearm sets are described in Technique Video #6 (Eliminating Arm Pump).

“CR” ::: Calf raises
# Aerobic Weight Training Program 2

In this program you want to alternate between aerobic exercise and weights. Do weight exercises with a semi fast smooth rhythm and never wait or stop until program is finished. Set the weight so you can get 15 reps. For the aerobic portion it’s best to alternate between the Schwinn Air Dyne and running, (mostly use the Air Dyne). Program time - 1 hour 20 min. Cut this program back the second part of the week. Something like, just 1 through 12.

<table>
<thead>
<tr>
<th>1) 10 MIN. WARM UP <em>(Run or Air Dyne is best)</em></th>
<th>Sometimes you may want to do some stretching after your warm up and/or the six calisthenics.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2) LAT PULL DOWNS</td>
<td>15</td>
</tr>
<tr>
<td>3) BENCH PRESS</td>
<td>15</td>
</tr>
<tr>
<td>4) LEG PRESSES OR SQUATS AND CALF RAISES</td>
<td>15</td>
</tr>
<tr>
<td>5) SITTING CABLE ROWS</td>
<td>15</td>
</tr>
<tr>
<td>6) DUMBBELL WINGS <em>(Side 30 degrees)</em></td>
<td>15</td>
</tr>
<tr>
<td>7) LEG CURLS AND LEG EXTENSIONS</td>
<td>15</td>
</tr>
<tr>
<td>8) UPPER DEAD LIFTS</td>
<td>15</td>
</tr>
<tr>
<td>9) HANGING AB RAISES OR SOME KIND OF AB WORK</td>
<td>15</td>
</tr>
<tr>
<td>10) STRAIGHT ARM LAT PULL DOWNS</td>
<td>15</td>
</tr>
<tr>
<td>11) TRICEPS EXTENSIONS AND BICEP CURLS</td>
<td>15</td>
</tr>
<tr>
<td>12) LUNGES</td>
<td>24 [ALTERNATE LEGS]</td>
</tr>
<tr>
<td>13) AEROBIC EXERCISE 10 MINUTE ROWING MACHINE, AIR DYNE, OR RUN</td>
<td></td>
</tr>
<tr>
<td>14) Weight Circuit</td>
<td>2 thru 12 again</td>
</tr>
<tr>
<td>15) Aerobic Exercise</td>
<td>number 13 again</td>
</tr>
</tbody>
</table>
## Overall Body Strength Training Program for M-X

This overall body program should be done twice per week. Begin with 5 min. warm up. End with 5 min. warm down (some kind of cardio).

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Reps</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1) DUMBBELL BENCH PRESS</strong> (Super set 1 &amp; 2)</td>
<td>“FA”</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td><strong>2) LAT PULL DOWNS</strong></td>
<td>15</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td><strong>3) SQUATS OR LEG PRESS</strong> (Super set 3, 4 &amp; 5)</td>
<td>15</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td><strong>4) CALF RAISES</strong></td>
<td>15</td>
<td>“FA”</td>
<td>15</td>
</tr>
<tr>
<td><strong>5) DUMBBELL WINGS (side 30 degrees)</strong></td>
<td>15</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td><strong>6) INCLINE BENCH PRESS</strong> (Super set 6 &amp; 7)</td>
<td>15</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td><strong>7) SITTING CABLE ROWS</strong></td>
<td>15</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td><strong>8) LEG CURLS</strong> (Super set 8 &amp; 9)</td>
<td>“FA”</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td><strong>9) LEG EXTENSIONS</strong></td>
<td>15</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>10) UPPER DEAD LIFTS</strong> (Super sets 10 &amp; 11)</td>
<td>15</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td><strong>11) DUMBBELL ROTATOR CUFF</strong></td>
<td>15</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td><strong>12) ABB WORK OF YOUR CHOICE</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>13) CURLBAR CURLS</strong> (Super set 13 &amp; 14)</td>
<td>20</td>
<td>10 reverse grip each set or 15 sitting dumbbell curls</td>
<td></td>
</tr>
<tr>
<td><strong>14) Tricept Cable Press</strong></td>
<td>20</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>15) Chest Flys</strong></td>
<td>15</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>16) Shoulder Shruggs</strong></td>
<td>15</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

“FA” ::: Fore arm sets. Forearm sets are described in Technique Video #6 (Eliminating Arm Pump). Workout time: 60 min.

“CR” ::: Calf raises
Motocross Specific Program 1

In this program you want to alternate between aerobic exercise and weights. Do weight exercises with a semi fast smooth rhythm and never wait or stop until program is finished. Set the weight so you can get 15 to 18 reps, accept for motocross push-up & ab work, you should be able to do more. For the aerobic portion it’s best to alternate between the Schwinn Air Dyne and running. (Mostly use the Air Dyne). Program time - 50 min. Cut this program back the second part of the week. Something like, one set of weights and two, five or 10 minute segments of cardio.

1) 10 MIN. WARM UP (Run or Air Dyne is best)

THE SIX CALLISTHENIC EXERCISES

A. MOTOCROSS PUSHUPS D. SQUATS OR LEG PRESS
B. STANDING CABLE ROWS E. Calf RAISES
C. AB WORK F. STRAIGHT ARM LAT PULL INS

2) 2ND CARDIO (Run, Air Dyne, Etc. (10 min.)

THE SIX CALLISTHENIC EXERCISES

A. MOTOCROSS PUSHUPS D. SQUATS OR LEG PRESS
B. STANDING CABLE ROWS E. Calf RAISES
C. AB WORK F. STRAIGHT ARM LAT PULL INS

3) 3RD CARDIO (Run, Air Dyne, Etc. (10 min.)

Workout time: 50 min.
### Examples of Workouts Using Cross Training Methods

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AIR DYNE (JUST USING ARMS)</strong></td>
<td>10 MINUTES</td>
</tr>
<tr>
<td><strong>RUN</strong></td>
<td>10 MINUTES</td>
</tr>
<tr>
<td><strong>AIR DYNE (ARMS AND LEGS)</strong></td>
<td>10 MINUTES</td>
</tr>
<tr>
<td><strong>RUN</strong></td>
<td>10 MINUTES</td>
</tr>
</tbody>
</table>

This is just one example. You can try different time combinations and see what you like. Then according to the way you want to train at that time you adjust your intensity and duration.

Another great principle to use with these training methods is “INTERVAL TRAINING”. Interval training is usually a Tear Down Training. Interval Training should target all the large muscles of the body so you can max out the heart and lungs. Therefore the best training methods to use again are the Schwinn Air Dyne and Running.

### An Example of Interval Training

1. Warm-up on Air Dyne for 6 to 10 minutes
2. Light run for 2 to 4 minutes
3. Sprint 120 yards and job back. As soon as you get back sprint the 120 yards again. Repeat 6 to 8 times.
4. Air Dyne level 6 for 1 minute  
   - Level 3 for 1 minute  
   - Level 7 for 1 minute  
   - Level 3 for 1 minute  
   - Level 8 for 1 minute  
   - Level 3 for 1 minute  
   Continue to alternate between levels 3 and 8 five more times. Each time you do level 3 and 8 it counts as one time.
5. This total workout should take between 40 and 50 minutes.
These GS Calisthenics are a great way to warm up before practice and racing. They are also good to do at different points during some of my other workouts because they move your body in different ways and are a form of light cardio and stretching. These calisthenics will seem awkward to you at first. Stick with them and learn them well because there is a good effective reason behind all of them and the way in which they work together. There are six of these calisthenic exercises. They should be done one right after the other. Most of the time do 20 of each accept for the bounce jumps do 50 total and go all the way down into a full squat every 10. Sometimes it’s good to cut the reps in half when you’re doing it frequently during a workout. An example would be like if you’re doing the calisthenics five times during a workout you can do the full amount the first and last times and do half the amount the three times between.

These calisthenic exercises may seem a little awkward at first but the more you do them the better they will feel. Once you get used to them they will feel good to you and be a great way to warm up and get ready for action.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tibblin Windmill</td>
<td>20</td>
</tr>
<tr>
<td>Stretch Kicks</td>
<td>20</td>
</tr>
<tr>
<td>GS Side Flex</td>
<td>20</td>
</tr>
<tr>
<td>Bounce Jumps</td>
<td>50</td>
</tr>
<tr>
<td>Boxer</td>
<td>20</td>
</tr>
<tr>
<td>GS Butterfly</td>
<td>20</td>
</tr>
</tbody>
</table>
Motocrossers develop bad posture from working in a hunched over riding position. The most common bad postures developed by motocross racers are rounded shoulders and goose necks. This stretching program will keep your posture in balance. Don’t let this stretching part of the program go undone or you may end up like I did with chronic neck and back pain. Then I had to go on a very strict rehabilitation program in order to become pain free again.

Stretching is an important part of any athlete’s training regimen. A motocross racer should have a high range of flexibility. This will help prevent injuries and allow a racer to perform better, to ride looser without getting tight. Stretching is a great technique to use during recovery. Therefore, I believe the best times to stretch is before bed and on your easy training days or recovery days. You should do a lot of stretch (20 minutes) at least five days per week. Stretching is not only good for the muscles; it’s good for the entire body, even the mind. What’s your attitude towards stretching? Instead of sitting there on the couch watching TV, get down there on the floor and stretch. The following stretching program will keep all your muscles loose, balanced and ready for action.
Take your time and relax when stretching. Many of these stretches will seem awkward to you at first, but it’s like anything new, the more you do it the better you’ll get at it. Hold each stretch for at least 10 seconds and repeat the stretch at least two times. On some of the stretches you may want to hold longer, up to one minute, then you would just need to do that stretch one time. There’s also a method called a resistance stretch. Perform the stretch the regular way for the first 10 seconds, and then turn the muscles that you’re stretching on slightly for about five seconds. Then relax them and stretch them a little farther for about five more seconds. Repeat back and forth up to four times. When you turn the muscles on in the resistance stretch only use about 20% of your strength. This resistance stretch will cause the muscles to relax more during the relaxed part of the stretch and stretch even farther. You can do the resistance stretch on any of the stretches where you think it applies. I’ve marked RS beside each one that I like to do it on.

**Stretching Program**

1. Sitting Splits
2. Sitting Side Splits
3. Sitting Feet Bottoms Together
4. Sitting Legs Crossed
5. Sitting Knee to Elbow Turn a Rounds
6. Curled Up Back Rolls
   (bent and straight legged)
7. Laying Ankle To Knee Pull
8. Sitting 90 Degree Hip Flex. (RS)
9. Standing Splits
10. Back Bend from Knees
11. Laying Flat Leg Overs
12. Dog and Cat
13. Back Roller
14. Dura Ball Back Bends
15. Dura Ball Side Bends
16. Dura Ball Peck Stretch (RS)
17. Dura Ball Quad Stretch (RS)
18. Doorway Stretch
19. Triceps Stretch
20. Back of Neck Stretch (RS)
21. Front of Neck Stretch
In motocross (or anything for that matter) it’s very important to have a lot of core strength. Core strength comes from the center of your body. This comprises of the hips, gluts, low back and the abdominal areas. It’s impossible to have a strong core without having strong abs, abs and low back work together. Some of the conventional ab exercises are actually over stressful on the upper thighs and low back. Two prime examples are regular sit-ups and straight leg lifts. In some people they can cause forward pelvis tilt and low back stress. I am one of the people who are prone to this common problem, so I adapted and developed the following six ab exercises that are user friendly. However, many people can’t even do these correctly at first. If you are one of these people don’t get discouraged, instead get determined because they will make your core much stronger over time.

1. Lower Ab Crunches (Vertical Leg Lifts)
2. Elbow to Knee Crunches
3. Regular Crunches
4. Dura Ball Side Crunches
5. Hanging Ab Raises
6. Hanging Side Ab Raises
Beside injuries and bike problems, getting sick is right up there with some serious performance problems. I’ve heard of some athletes, mostly bicycle racers who try to keep training when they begin to get sick and end up getting sicker, sometimes for as long as six months. I have been to the school of hard knocks on this one and learned the hard way that continuing to ride and/or train when I felt myself starting to get sick was not the wise choice.

I was really determined to do well my first full season in Europe back in 1982. After a short break I started training hard on January 1st. Somewhere around the middle of the month I started to get a cold. I was all into the training mode and thought I’ll just train this cold right out of me. Although I did cut back a little, for the most part I keep right on training. To make a long story short I ended up getting a very deep viral and bacterial infection that I just couldn’t get rid of until June (six months later). By the time I arrived in Europe in March to start testing and getting ready for the Grand Prix to start I was very sick with infected fluid in my lungs. Now I didn’t have a choice, I had to perform or give up and go home. I couldn’t do any type of supplement training; I just practiced, tested and raced. It was a steep and slippery climb to stay competitive and continue. I sure wished many times that I had rested back in January when I had a choice, but instead, I sent myself through another semester in the school of hard knocks.

The wise choice is to stop all riding and training when you first feel yourself getting sick. Catching it right when the virus or bacteria is first starting to wage its war is most critical. When this begins to happen your body calls on it’s immune system troops to attack the invading organisms trying to multiply and take over. Your body’s immune system goes into red alert mode. This is when your body needs to rest so
it can do its thing and kill off the invaders before they get a strong hold. In this situation one of the many amazing things your immune system does is create way more white blood cells. White blood cells contain the solders that fight the invaders. If you rest you allow your body to do this and many other tasks to win the war. In other words, your energies are being used on the inside. When you ride or train you’re making your body produce more red blood cells, which carry oxygen for your muscles and outward energies. You may temporarily feel better, but the invaders are winning the internal war. When you stop training or riding and return to a restful state your body will go back to the internal war at the cost of a big set back. Then the invaders are going to be around for a while. At the least until you finally have to let yourself rest and your immune system finishes them off.

What if you can’t just rest when you feel yourself getting sick? What if you have to work or race or something like that? Well then you gotta do what you gotta do, but many times a rider will be in the middle or beginning of the week and not have to ride or train or do anything physically stressful. But they don’t really feel that bad yet and maybe they had plans to go riding with someone or go to the gym. It would be boring to change plans and do something restful. This is where they end up getting sick for a week or more when they could have taken one or two days off and been right back in the saddle. Worse yet, they have to travel and race when they are really sick. It’s not smart and it’s not worth it in the long run. If you have a choice when you start feeling like you’re coming down with something take it easy and let your body do its work.

You can greatly decrease your odds of catching an infection by not touching your face in public, and washing your hands often, especially in public places. Colds and flu viruses and bacterial infections are out there by the millions. Although some are contagious thorough the air, most of them are only contagious by direct contact. So you touch a doorknob and
Any serious athlete should be serious about diet. There are many benefits to a good diet including; feeling better and having more energy, faster recovery times, reaching higher levels of fitness more quickly, having a stronger immune system, looking better and staying at your ideal weight and having better health in general for a longer life. One of the keys to a good diet is common sense and moderation. You don’t have to be an extremist but being health conscience with some general knowledge, good decisions (from the available choices) and becoming aware of how certain foods affect you personally, you can tune into a better diet and receive many benefits. Everyone is a little different and has to discover the combinations that work best for them and those combinations come from the following basic facts about nutrition.

1. The closer the food is to natural, organic, just how nature made it, the better it is for you. The more it’s been processed and altered by man the worse it is for you.

2. Five or six smaller meals a day are better than one or two large meals. Give your food time to digest before going to bed or exercising.

3. Fresh fruits and vegetables should be the main staple of your diet.
4. Over cooking (heat) foods robs them of most, if not all, of their nutrients.

5. It is very important for an endurance athlete like a M-Xer to keep themselves fueled up with the right kinds of food at the right times. Before exercise or competition you should not feel heavy or full but at the same time you should have enough fuel stored in your body for your energy to last. This means you should have eaten something between a half hour and one and a half hours before hand depending on how much you ate.

6. For most athletes 70% of your diet should be complex carbohydrates, 20% protein, and 10% fats and oils.

7. Water soluble foods are foods that have their own water content in them. These are mostly fruits and vegetables. Our bodies are mostly made up of water. These foods are extremely important to have in your daily diet. And it's very beneficial to drink a lot of water between meals. For weight loss eat a lot of water soluble foods and cut back on fats, oils, and dairy products.

8. Make it a habit to read the ingredient labels and learn what’s good, not so good, and bad. Stay away from foods that have long ingredient lists, lots of preservatives, or added vitamins and minerals. They have to try and add them because after so much processing there’s none left.

9. A good balanced regimen of all the essential vitamins and minerals should also supplement your diet. (See vitamin and mineral supplement section)

10. Add a half cup of raw, milled flax seed to your daily diet. (1/4 cup in morning and 1/4 cup in evening. Flax seed can be found at most health food stores.) Flax seed is high in protein, carbohydrates, fiber and most importantly it’s very high in Omega 3 oils. Omega 3 oils are very good for the cardiovascular system. The only other food sources that have these important Omega 3 oils in them are fish, nuts, and seeds.
11. I have stressed the importance of eating a lot of fresh fruits and vegetables. They are so important that they deserve even more information. A very important ingredient that is only found in raw fruits, vegetables and grains are live enzymes. Heat destroys these live enzymes, so the only way we can get them is in uncooked fruits, vegetables or grains.

12. What are live enzymes? Enzymes are protein-based substances that are found in every cell of every living plant and animal, including the human body. Without these life giving enzymes life would not exist. All things living have enzymatic activity, even the food you eat (if the enzymes haven’t been killed yet by processing and cooking). Basically enzymes run your metabolism and many other important body activities. Trust me; a lot of fresh fruits and vegetables is the way to go.

Without getting into too much detail these are some good guidelines to start from. It’s important for everyone to make their health and diet an on going learning process. Everyone should take responsibility for their own health. Learn all you can about nutrition and apply what works best for you. But a word of Warning, don’t get so caught up in it that it becomes a hassle and a lot of trouble every time you need to eat. That may become more harmful than good. Eat to live, don’t live to eat. Our bodies are an ever changing field of energy. It’s not just the amounts of nutrients we put into our bodies, it’s the amount that our bodies can absorb and utilize that’s most important. Every cell in our bodies is brand new every year. Feed yourself well so you can regenerate effectively. Add years to your life and life to your years. Remember, common sense and moderation.
Complex Carbohydrates

Complex carbohydrates supply energy for the repeated muscular contractions that occur during prolonged exercise. They are the fuel which the muscles run on. Carbohydrates are stored in the muscles and also in the liver in the form of glycogen. If the muscles are depleted of glycogen the athlete will fatigue.

Sources of Complex Carbohydrates

1. Fresh fruits and vegetables (the best source)
2. Breads - made from whole grains
3. Pasta - made from whole wheat, soy or semolina flours
4. Whole grain flours - whole wheat, buckwheat, cornmeal and rye
5. Grains - brown rice, barley, millet, oats, wild rice, cracked wheat
6. Dried legumes - peas, lentils, beans, corn, seeds and nuts
7. Whole grain cereals - rolled oats, shredded wheat, muesli, granola, bran and wheat germ

Proteins

Proteins are the building blocks of the body. Muscle tissue is torn down through exercise. Protein is necessary to rebuild it. The body can also use protein as fuel, but it’s not as efficient as carbohydrates or fats. Proteins are the most difficult food to digest and your body can only use so much at a time, that’s why it should only be up to 20% of your diet.

All proteins are made up of amino acids. Twenty two amino acids have been identified as necessary for biological growth and survival. Fourteen of these amino acids are termed “non-essential” because the human body can manufacture them. Eight can be obtained only from food sources and are thus termed the “essential” amino acids.

Sources of Amino Acids

Meats, Poultry, Dairy Products, Nuts and Seeds, Eggs, Fish and Seafood, Beans, Vegetables
Fats and Oils

Fats are essential for digestion and storage of nutrients for the body. They lubricate the vital organs, joints, muscles and skin. Fats are either saturated or unsaturated. Natural vegetable oils are rich sources of unsaturated fats and are preferred to the saturated animal fats to reduce cholesterol levels. Unsaturated fats are the natural vegetable oils.

Sources of unsaturated fats
Olive oil, Safflower oil, Corn oil, Soybean oil, Peanut oil, Cottonseed oil, Wheat germ, nuts and flax seeds, Mayonnaise

Sources of saturated fats
(try to avoid these)
Fat from meats (beef, pork, poultry, fish), Butter, Cream, Lard

Junk Food

Junk food will rob you of strength, energy, your body’s ability to regenerate, and in the long run your health.

Junk Foods, Cut Them Out
Fried food (french fries, fish and chips, potato chips, etc)
Refined flours (white bread, pastries, cookies, cakes, doughnuts, etc)
Refined sugar, corn sweetener
Sugar substitutes (saccharine, cyclamate)
Candy
Chocolates
Alcoholic Beverages
Coffee
Carbonated soft drinks
Vitamin and Mineral Supplements

1) Beta Carotene 25,000 I.U.
2) B-Complex 50 (covers all B vitamins)
3) C with Bioflavonoids (1000 mg C with 100 mg Bioflavonoids) (Capsules)
4) E 400 I.U.
5) Multi-mineral including the 72 trace minerals (You’ll probably have to get the 72 trace minerals separate)
6) Omega-3 Fatty Acids (Capsule form) (Some sources are: Fish Body oils and Salmon oil, there are some others from plants and seeds - 1000 mg)
7) Echinacea and Goldenseal - (500 mg) (Try to get both in one product. This is a product that you don’t stay on all the time)
8) Grape Seed Antioxidant - (60 mg 1 to 3 times a day)
9) Shark Cartilage - (4.5 grams)
10) Glucosamine and Chondroitin Sulfate - (500 mg of each) (if you have joint pain) This is mostly for us older riders.

Get a store worker to help you find everything you need. GNC is not the best place to shop. A natural health food store, like Henry’s or others, usually have better products and prices.

Read all directions and begin by taking as they suggest. On the Echinacea and Goldenseal you should never take it longer than two weeks at a time. Only take it when you feel that you may be starting to get a cold or something and while you are sick.
Breakfast

Try not to drink a log of liquids with meals, unless you’re very dehydrated, especially coffee or tea. They dilute digestive juices. Go easy on margarine, butter, maple syrup, etc.

1. A 32 to 50 oz. smoothy made from fresh fruit. Pick several of your favorite fruits and toss them into a blender, add just enough fruit juice to make it blend. It’s good to add one half handful of raw almonds and a 1/4 cup of miled flax seed. When you can’t do the smoothie, following are some options. Or you can add a little of these to your smoothie breakfast.

2. Oatmeal, toast and eggs or a good grain cereal (should add fruit)
3. French toast and eggs or pancakes and eggs
4. Rice eggs and toast or potatoes, eggs and toast

Lunch

The salad should be made from good green lettuce or spinach and some raw vegetables. Olive oil is very healthy so add it to your salads. Vinegar is also good. You can have a little of your other favorite dressings on there, too.

1. Salad, sandwich and fruit
2. Salad, pasta and bread
3. Salad, fish and rice
4. Salad, beans and rice
5. Tuna salad, soft boiled eggs and bread
6. Salad, chicken or steak, potatoes, corn or peas
7. Another smoothie and a soft boiled egg. Or fruit, soft boiled egg and almonds
Dinner

Dinner is similar to lunch. Except you want dinner to be the best protein meal of the day, so eat hardy; your body restores itself the most while you sleep. Always try to eat dinner early (before 8:00 p.m.). You don’t want to go to bed on a full stomach.

If you have a difficult time keeping enough weight on, balance your meals with more carbohydrates. As mentioned earlier, it’s important to have 5 or 6 smaller meals a day. The best way to do it is to have three larger meals a day from the above selections and have several smaller meals throughout the day derived from any combination of the above. Fruit and some almonds is usually the best way to go for you’re between meal snacks. With the breakfast smoothies and then eating more fruit throughout the day, you can see that, well, you should be eating a lot of fruit.

If you really do the diet thing right, it will still take about two weeks before you can expect to see noticeable benefits. It’s not going to happen in just a few days. So stick to the plan.
**Day Race**

There are a lot of sports nutrition products on the market today, all kinds of bars and powders. If you couldn’t eat real food these products would be the next best thing. But so far there is no substitute better than real food.

Eat a good breakfast from the breakfast examples. Now, for the rest of the day, you want to time your food intake into the longest breaks between practice and each of your motos.

Your next meal could be something like: **Fruit, almonds and a soft boiled egg, or a turkey sandwich with lettuce, tomatoes and mayonnaise.**

Your third and fourth food intakes could be a little more of the above or a peanut butter and jelly sandwich.

The best things to drink through race day are: **Water and/or a sport energy drink like Gatorade, Poweraid, Ultra Fuel, etc.** When it’s really hot and you’re drinking a lot it’s best to lean out sports drinks about 50% water to 50% sport drink.

These guidelines will keep you fueled up so you have plenty of energy throughout race day and at the same time you’ll feel light and ready for action.

**Night Race**

The best food intake for night races is very similar to day races. Now you have time to eat a good breakfast and lunch. Then, instead of eating dinner, you would eat the same as the day race meal plan starting after breakfast.

You should have plenty of fuel stored up in your body coming into race day, and this plan will keep your reserves from running out. You will also recover faster and be able to train more effectively throughout the following week.

You may not be totally what you eat, but your cells are. Do it right, it makes a difference, how much of a difference? You’ll have to see for yourself.
Become a better rider with my techniques dvds and schools because they are backed with years of pro racing and coaching experience. You will learn what I continue to learn from the top pros that I’ve trained: Jeremy McGrath, Kevin Windham, Ryan Villopoto, Ezra Lusk, John Dowd, Brock Hepler, Brock Sellards, Stephan Roncada, Ernesto Fonsaca, Mike Brown, Brandon Jesseman and many others.

Welcome to The Gary Semics Motocross School and DVDs
The school that trains the top pros and hundreds of amateurs every year.

“Former Supercross Champion Gary Semics’ motocross schools and instructional dvds are among the most highly respected in the industry” - Dirt Bike Magazine

Born in 1954, Former Supercross Champion Gary Semics has been training Jeremy McGrath, Kevin Windham, Ryan Villopoto, Ezra Lusk, John Dowd, Brock Hepler, Brock Sellards, Stephan Roncada, Ernesto Fonsaca, Mike Brown, Brandon Jesseman and other top pro racers. Gary stays current with all the new techniques and fundamentals that are being used today. The technique dvds break these techniques down in a way that is easy to understand and put to use. Stop action, slow motion, and graphics are used so you can see exactly what is happening as you hear Gary explaining it. Gary himself, many of the top M-X stars, as well as beginners and amateurs are in these dvds. The dvds are fun and entertaining to watch, but more importantly “YOU WILL BECOME A BETTER RIDER”.

21
Visit our website for:

• Free DVD Previews
• Riding Tips
• Motocross School Schedules
• Order DVD Hard Copies or
• DVD Downloads

and much more at

www.garyseemics.com

Gary Semics Motocross Schools and Technique DVDs
37316 Eagleton Road
Lisbon, Ohio 44432

E-Mail: cindy@gsmxs.com
    gary@gsmxs.com
Office: 330-424-8049
www.garyseemics.com
Motocross Push-Ups

Motocross Pull-Ins