

## Cape Town Cycle Tour Strength Training Plan - Session 1

Exercise	Description	Reps	Equipment	Major Muscle groups trained
<b>SET 1</b>				
Bridging	Lie on your back with feet on the floor and knees bent. Lift bum up into air - start moving by thinking of squeezing buttocks together.	20	Body Weight	Hamstrings & Glute Max
Standing double arm rows with resistance band – hook resistance band around pole – hip height or Bent over flies	Stand tall with slight bend in knees. Pull both arms back at the same time, leading with elbows and gently squeeze shoulder blades together. Do not round back!	20	Resistance Band	Trapezius, Rhomboids, and lower back
Static Plank (Modify if needed from the knees)	Hold your own weight off the floor by resting on your elbows and toes, keeping body parallel to the floor. Be sure not to let your back arch or buttocks drop below elbows. If this is too tough it can be performed on elbows and knees.	45s-1min	Body Weight	Core muscles - abdomen and lower back
Static Lunge	Start with back knee bent and resting on a foam roller or block/rolled up towel about 15cm high. Front ankle should be directly below front knee. Push straight up off foam roller and bend back knee to return to starting position. Repeat on other leg	20 (10 each leg)	Foam roller/block/rolled towel	Quadriceps
<b>REPEAT ABOVE EXERCISES 2-3 TIMES</b>				
<b>SET 2</b>				
Prone Lying, feet off the floor and butterfly arms	Lie on your stomach, keep legs straight and lift feet just off the floor. Then start with hands by your sides and palms facing up, bring arms around and above head as you rotate palms to face floor. Take arms back to start position and repeat.	15	Body weight	Lower Back, Glutes, Deltoids, Hamstrings and core
Side Lying clams	Lie on your side, with both knees bent to 90 degrees. Keep heels together while opening knees apart as wide as possible then slowly release knee down again.	20	Body Weight	Glute medius
Modified Press up with hands on step(20-30cm)	Start with both hands on the step slightly wider than shoulder width apart and feet the same distance apart. Then drop into a press-up.	10	Step	Chest, triceps and core
Standing 1 leg deadlifts	Stand on 1 leg and bow over from the hips. Keep hips in line and back straight as you bow. Focus on balance holding bent over position for a few seconds. Then stand up tall and bow over and back maintaining hip stability.	10 reps on each leg	Body Weight	Glutes and hamstrings
<b>REPEAT ABOVE EXERCISES 2-3 TIMES</b>				