

Cape Town Cycle Tour Strength Training Plan - Session 2

Exercise	Description	Reps	Equipment	Major Muscle groups trained
SET 1				
Butterfly bridge into Butterfly crunch	Lie on your back with soles of feet facing each other and together with knees bent. Lift bum up into air - start moving by thinking of squeezing buttocks together - Lower slowly and then perform a crunch.	10	Body weight	Hamstrings, Glute Max and adductors
Step-ups	Front foot on step, lean forward and keep weight on front foot	20 each leg	Step	Glutes, hamstrings and quads
Side plank with Clam	Lying on your side, bend the bottom leg and top leg (90 degree bend). In this position lift your hips off the floor and perform clams by lifting top knee and keeping feet together. 10-15 each side	10-15 each side	Body weight	Glutes and obliques
Squat with mini band around knees	Standing with legs shoulder-width apart, place mini band just above knees, bend your knees and extend you hips as if about to sit down. Don't let your buttocks drop below your knees & knees should not extend beyond toes. Stand up and repeat.	15	Body Weight	Quadriceps, hamstring & gluteals
REPEAT ABOVE EXERCISES 2-3 TIMES				
SET 2				
Single leg calf raises	Perform these on a step, lower heel below step & then push up onto toes. Keep legs straight. 10 on one leg, 10 on other leg	10-15 each leg	Step	Calf muscles
Leg Cycling	Lying on your back and perform leg cycling by alternating extending legs, and allow opposite elbow to touch opposite knee	20	Body weight	Abdominals and obliques
Bridging with mini-band around knees	Lie on your back with feet shoulder width apart and mini-band around knees with knees bent. Lift bum up into air - start moving by thinking of squeezing buttocks together - Maintain resistance in mini band by keeping knees shoulder width apart. Lower slowly and repeat	20	Mini-band	Hamstrings & Glutes
Plank with alternating Shoulder taps	In a plank position on toes and hands under shoulders, tap opposite shoulder with one hand at a time. Alternate completing 10 on each side.	20	Body weight	Core muscles and Shoulders
REPEAT ABOVE EXERCISES 2-3 TIMES				