

Cape Town Cycle Tour Strength Training Plan - Session 3

Exercise	Description	Reps	Equipment	Major Muscle groups trained
SET 1				
Static Lunge with overhead reach	Stand in split stance, one leg in front of the other. As you lower back knee to just above the ground, stretch both arms straight above head and look up to ceiling.	10 each side	Body Weight	Quadriceps, hamstrings and glutes while stretching hip flexor and Abdominals
Single leg bridge with hip flexion	Lying on your back with feet on the floor and knees bent. Extend one leg and keeping this leg up, lift buttocks up into air - start moving by thinking of squeezing buttocks together.	10 each side	mat	Glutes and hamstrings
Tricep Dip with Alternating leg lifts on step	As you bend arms for Tricep Dip, extend one leg by lifting it off the ground. Alternate legs.	10 each side	Step	Triceps, core and shoulders
Standing hip flexion with mini band around toes	Standing with feet slightly apart and mini-band around toes, lift one knee up and lower maintaining control. 15 on one leg, and then 15 on other leg.	15 each leg	Mini band	Quadriceps, Hamstrings & Glute Max
REPEAT ABOVE EXERCISES 2-3 TIMES				
SET 2				
Backward lunge	Standing with feet together, step backwards with one leg and lower back knee to just above ground. Repeat 10 on each leg	10 each leg	Body weight	Quadriceps, hamstrings and glutes
Bear Crawl on hands and feet	Start on hands and toes in the kneeling position with knees just off the floor and knees bent to 90 degrees and hands underneath shoulders. Lift right hand and left foot and then perform small step forward to place on ground, then lift opposite hand and foot and step forward. Walk forward like this 6x and walk back 6x.	6x forward 6x backward repeat 2x	Body weight	Triceps, shoulders, quads and core
Single leg squat into calf raise	hold onto wall or handle, lower heel and bend knee below & then push up onto toes and straighten knee. Keep legs straight. 10 on one leg, 10 on other leg	10 each leg	Step	Quads, glutes and Calf muscles
Mountain climbers	Start on hands and toes, then bring 1 leg through as underneath chest then take leg back out and swap, maintain slight bend in elbows, and keep head in front of hands	20-40	floor	Triceps, shoulders chest and core
REPEAT ABOVE EXERCISES 2-3 TIMES				
Standing double arm reverse flies with resistance band	Hook resistance band around pole at shoulder height. Stand tall with slight bend in knees. Pull both arms back at the same time with slight bend in elbow and gently squeeze shoulder blades together. Do not round back!	15	Resistance Band	Trapezius, Rhomboids, shoulders