

Cape Town Cycle Tour Strength Training Plan - Session 4

Exercise	Description	Reps	Equipment	Major Muscle groups trained
SET 1				
Sumo Squat and double arm row with resistance band	Start with feet slightly wider than shoulder width apart and feet rotated out to 45 degrees, resistance band attached to something at about belly button height. Holding your arms straight out in front of you, slowly lower down into sumo squat position and you should feel stretch in adductors (inner thighs). Then squeeze up into starting position while performing a double arm row, maintaining balance.	15	Resistance band	Quadriceps, Hamstrings, Adductors, biceps and back
1 leg side plank lift	Lying on your side, bend the bottom leg and lift your hips. Keep the top leg straight and do 15 leg lifts with top leg.	15	Body Weight	Glute medius and obliques
Crunch with heel drops	Lie on back with feet in the air and knees bent to 90 degrees & start with hands behind your head, then crunch up to lift shoulder blades off mat - hold position while you slowly lower 1 heel at a time to the floor ensuring you maintain hip stability and lower back control.	20	Body Weight	Rectus Abdominus
Sideways walks with resistance band	Standing with legs straight and feet internally rotated - walk sideways (like a crab) with resistance band around ankles	20	mini- band	glute medius
REPEAT ABOVE EXERCISES 2-3 TIMES				
SET 2				
Lateral lunge and reach to opposite ankle	Stand with feet slightly wider than shoulder width apart, then bow and lean across to touch opposite ankle, bend 1 knee and straighten opposite leg to feel stretch in straight leg, then shift weight and reach across to opposite ankle.	15 each side	Body weight	Quads, hamstrings and adductors
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 - 20	Body weight	Lower Back, Glutes, Deltoids, Hamstrings and core
Modified Press up with hands on step(20-30cm) and rotation	Start with boths hands on the step slightly wider than shoulder width apart and feet the same distance apart. Then drop into a press up , as you come up lift 1 arm keeping it straight and rotate to feel stretch in chest. Repeat on the other side.	10 (5 each side)	Step	Chest, triceps and core
Oblique Crunch - elbow to knee and hand to foot	Lying on your back with your 1 leg bent in figure 4 over the opposite leg, perform an oblique crunch taking opposite elbow to opposite knee , then oppposite hand to opposite toe	10 -20 reps on each leg	Body Weight	Obliques and core
REPEAT ABOVE EXERCISES 2-3 TIMES				