

This Workout will breakdown the related skeletal (joint) movements and target the relevant muscle groups involved.

Cycling requires these basic skeletal or joint movements:

Shoulder movements: Flexion, extension, abduction, adduction and lateral rotation.

Arm movements: Extension, adduction and forearm flexors (wrist and fingers)

Back movements: Abductors (scapula), spinal joint lateral flexors (lower back).

Hip movements: Spinal joint lateral flexors (your lower back and hips work in conjunction), flexion and extension.

Leg movements: Flexion and extension of knee and ankle joints.

CHEST

EXERCISE	SETS	REPS	REST TIME	LOAD
EXERCISE BALL CHEST PRESS	2 - 3	8 – 10	90 SEC	RESISTANCE BANDS + FITNESS BALL
STANDING SINGLE ARM CHEST FLY	2 - 3	8 - 10	90 SEC	RESISTANCE BANDS
CHEST PULL-OVERS	2 - 3	8 - 10	90 SEC	RESISTANCE BANDS

BACK

LAT PULL DOWNS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
HYPERTENSION	2 - 3	8 - 10	90 SEC	BODY WEIGHT + FITNESS BALL
SEATED ROWS	2 - 3	8 - 10	90 SEC	RESISTANCE BANDS

LEGS

EXERCISE BALL SQUATS	2 – 3	10 - 12	90 SEC	BODY WEIGHT + FITNESS BALL
LUNGES	2 – 3	10 - 12	90 SEC	BODY WEIGHT
LEG CURLS	2 – 3	10 - 12	90 SEC	RESISTANCE BANDS
HAMSTRING ROLLS	2 – 3	10 - 12	90 SEC	FITNESS BALL
CALF RAISES	2 – 3	15 - 20	90 SEC	BODY WEIGHT

Note: Cycling requires Leg strength and endurance. Recommended Repetitions are (6 – 8 strength, 10 – 12 endurance). You can do more repetitions for endurance if required (20 – 25) but please ensure that you reduce the resistance used. This will assist in your ability to hold correct form and reduce joint strain.

SHOULDERS

SINGLE ARM LATERAL RAISE	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
UPRIGHT ROWS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
SIDE PULLS ON EXERCISE BALL	2 - 3	8 – 10	90 SEC	RESISTANCE BANDS

ARMS

BICEP PREACHER CURLS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS + FITNESS BALL
TRICEP KICK BACKS	2 – 3	8 – 10	90 SEC	RESISTANCE BANDS
WRIST CURLS	2 - 3	8 – 10	90 SEC	RESISTANCE BANDS

ABS

CRUNCHES	2 – 3	15 - 20	90 SEC	BODY WEIGHT
OBLIQUE CRUNCHES	2 – 3	15 – 20	90 SEC	BODY WEIGHT
EXERCISE BALL OBLIQUE TWISTS	2 - 3	15 - 20	90 SEC	BODY WEIGHT + FITNESS BALL
PLANKS	2	HOLD	90 SEC	HOLD POSITION FOR 60 – 90 SEC

YOUR WORKOUT ESSENTIALS:

Please include a Warm up and Cool down into this Workout.

These are recommended workouts to target each muscle group.

This Workout assumes a base level of strength. Please adjust to suit your personal abilities.

Reduce the Sets and Reps to suit your needs and gradually increase from that level.

You can alternate to other workouts as you progress and become accustomed to each.

Always ensure a strong firm posture and position throughout your movements.
