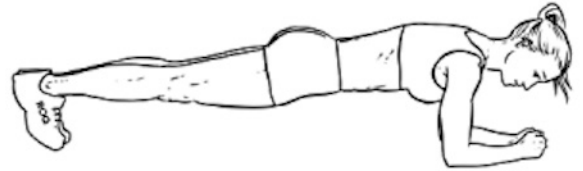


# EXERCISES

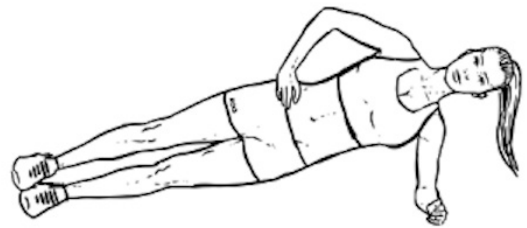
**x12** *STRETCHING PLANK*



**AT LEAST  
1 MINUTE** *FRONT PLANK*



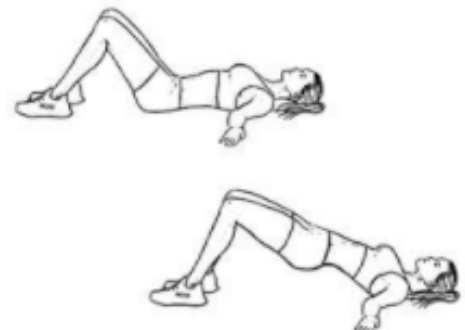
**30 SEC  
EACH SIDE** *SIDE PLANK*



**x12** *PUSH UPS*



**x12** *SUPINE BRIDGE*



**x12  
EACH LEG** *SUPINE BRIDGE ONE LEG*



**x12**

**SQUATS**



**x12**  
EACH LEG

**FORWARD LUNGES**



**x12**  
EACH LEG

**SIDE LUNGES**



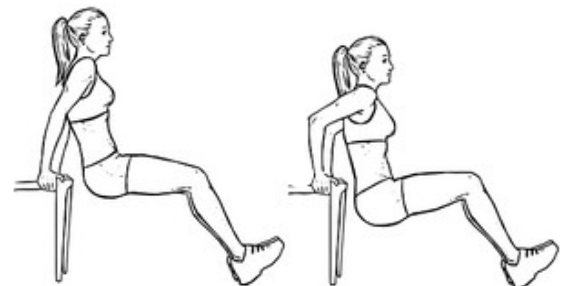
**x12**

**BENT LEG DEAD LIFT**



**x12**

**TRICEP DIPS**



**x12**

**CHOOSE ONE OPTION:  
ROW WITH WEIGHTS  
OR ROWING MACHINE  
OR ROW WITH TRX**



# POST WORKOUT

**30 SEC**  
EACH SIDE

**NECK STRETCH**



**30 SEC**  
EACH SIDE

**SHOULDER STRETCH**



**30 SEC**  
EACH SIDE

**QUADRICEP STRETCH**



**30 SEC**  
EACH SIDE

**CALF STRETCH**



**30 SEC**  
EACH SIDE

**LOWER BACK STRETCH**



**30 SEC**  
EACH SIDE

**HAMSTRING STRETCH**





**KATE SLEGROVA**  
**CYCLETRAINING.CO.ZA**



## ***NOTES***

- Try to do 2-3 sets, depending on your time and energy.
- Try to do this workout twice a week on non-consecutive days.
- Start with body weight and make sure your form is correct to avoid injury.
- Once your form is correct, you can add weights.

## ***8 WEEKS PROGRAM***

- Price: R300.00
- Duration: 8 WEEKS
- Complete program for strength training aimed at cycling and weight loss.
- The program includes videos and full descriptions of all exercises. ➤ The perfect kickstart for a healthier, happier you - start TODAY!