



Get Strong Legs and Killer Posture for Explosive Riding Power

Bruce Duncan Osteopath

Building speed and endurance on the bike is about more than how many kilometres you pedal.

We need total body strength, power, core stability and flexibility. It's not easy fitting in a gym session into your already busy week, so here are some exercises you can do at home.



Dumbbell T

Works upper back, gluts

Holding 3 to 5 kg dumbbells in each hand, stand with your feet at least shoulder width apart.

Lower yourself into a squat letting the weights hang to the front.

Raise the dumbbells out to your sides up to shoulder level, then lower.

Do 3 sets of 12 reps



Step-Up with Dumbbells

Works hips, gluts quads

Whilst holding 5kg dumbbells, step up with your right leg then lift your left knee to hip height.

Step down with the left leg, then the right.

Do 3 sets of 12 reps for each leg



Double Leg Curl

Works core, gluts, hamstrings

Lying on the floor with your heels on a fitball, lift your hips to form a straight line.

Bend your knees, pulling the ball toward your bottom. Return to the start.

Do 3 sets of 12 reps



Single Leg Squat

Works gluts, quads, core

Standing with arms out in front, lift one leg up.

Lower yourself with your supporting leg, sitting right back, lower back straight.

Stand back up keeping your leg up in front. Do 3 sets of 5-10 reps



Spiderman Push-Up

Works chest, triceps, core

After assuming a plank position, lower your body toward the floor and bend your right leg out and up toward your elbow. Pause, then return to the start.

Do 10 to 15, alternating sides.