



5

SQUAT JUMP WITH BAR

Start with feet in a neutral position, a lightweight bar resting on your shoulders and secured with your hands. Lightly jump and land with soft knees. 8-10 reps



8

FRONT SHOULDER RAISE

Hold dumbbells as in the Lateral Shoulder Raise. Lift arms forward to shoulder height, palms facing down. Return to start position. 8-10 reps

6

SKI JUMPERS

From a neutral standing position, jump sideways on one foot bringing the other foot slightly behind the landing leg. Using the same motion, jump to the opposite foot. This can be done by jumping or sidestepping. 8-10 reps



9

PLANK JUMP

Start on a mat with hands in a raised plank (or upward push-up) position. Jump toward the body, then jump back to start position. 8-10 reps



7

LATERAL SHOULDER RAISE

With feet in a neutral position, hold lightweight dumbbells with palms facing inward at each side. Lift the arms sideways to shoulder height, elbows slightly bent. Return to start position. 8-10 reps



10

PLANK WITH ELBOW TOUCH

Start in a raised plank position. Alternate lifting one hand and tapping the elbow that's still in a plank position. 10-12 reps

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Whether you are a recreational cyclist a bicycle racer or a triathlete 101 Cycling Workouts is a must have guide to help take your cycling to a new level Rejuvenate and refresh your cycling training with a wide variety of workouts you ve never thought of before Add challenge to your training by trying new workouts that will develop you into a better and more fit cyclist These workouts will add depth to your training by working on all the physiological systems of a complete cycling training program including endurance aerobic and anaerobic fitness strength speed and power Additional non cycling workouts and gym workouts are included to supplement your training on the bike Use these workouts to train harder smarter and more efficiently by making the most of your vital training time *Ski* ,2011-06 **Skiing** ,1992-01 *The Women's Health Big Book of 15-Minute Workouts* Selene Yeager,Editors of Women's Health Maga,2011-10-25 Time is every woman s most precious commodity and a lack of it is the number one reason in survey after survey that women give for why they don t exercise But research now shows that as little as 15 minutes of resistance training is just as effective in spiking one s metabolism as a workout lasting more than twice as long All it takes is 15 minutes to achieve lifelong results and women are more likely to stick to an exercise plan if it s chopped down to those 15 minutes The Women s Health Big Book of 15 Minute Workouts is both an introduction to the fundamentals of short workouts and a comprehensive collection of hundreds of the most effective ones These workouts have been designed for every fitness goal from total body conditioning to targeting trouble spots with exercises like the 15 Minute Flat Belly without a Single Crunch Workout Other highlights include an eating plan with delicious meals that take 15 minutes or less to prepare workouts for when you re stuck in traffic or traveling and can t make it to the gym hundreds of tips from America s best trainers nutritionists and exercise scientists *Ski* ,2004-11 *Ski* ,2001-10 The Men's Health Guide To Peak Conditioning Richard Laliberte,1997-04-15 Provides conditioning programs for various lifestyles and interests discusses nutrition sleep and time management and offers advice on buying equipment and workout gear *Ski* ,2007-11 *Ski* ,2003-12 **Ski** ,1999-10 **Ski** ,2005-03 *Ski* ,1996-08 *Ski* ,1994-05 *Ski* ,1986-04 *Ski* ,2001-10 **Ski** ,1991-09

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