

MOUNTAIN BIKE WINTER HOME FITNESS 6 WEEKS

MBO members'
30 % discount
ACC physio-
book online
reignitephysio.co.nz



1
**SINGLE
LEG SQUAT**



2
DEAD BUG



3
**BENT OVER
ROW**



4
**SIDE PLANK
LEG LIFTS**

How to?

- 1 leg out in front & slowly sit down onto a chair
- stand back up
- If you struggle with balance then you can place your opposite leg's heel down or hold a broom handle

Make harder:

- use a lower chair
- hold a weighted object
- go slower

- Start with both knees in the air @ 90deg & arms pointing to the ceiling
- Then lower your opposite arm & leg
- Then return to the starting position & swap arms & legs

- Press a pillow between your hand & knee- then swap to the other side

- Hold your weighted objects
- Leaning forward try to lift your elbows straight back behind you- towards the ceiling
- Do one arm at a time if only have 1 weight.

- Use a heavier weight

- Elbow underneath your shoulder & bottom knee bent - body in one straight line
- Lift your hips up off the floor
- Then hold that position and lift your top leg straight up
- Slowly reverse the process

- Perform the motion in a full side plank with the bottom knee straight.

Ideas for Weighted objects

- water containers & fill up with more water to make harder
- Backpacks and fill with books/tins of least favourite beans



5
HEEL WALKS



6
**CALF RAISE
COMBO**



7
**PUSH UP
WALKS**



8
BRIDGES

How to?

- Start with your knees hip width apart
- Lift your hips up to the ceiling.
- Then slowly walk your feet out/straighten knees
- Then return to the starting position with your hips remaining up

- Place a foot on a chair with your heel off the edge
- Place your hands on your knee to add some extra weight
- Then go up on your back heel, hold and then up onto your top heel
- Then slowly lower them back down in reverse order.

- Start in a push up position
- Then move 1 arm out in front & lower your chest down
- As you push up, walk forward & perform on the other side. Repeating as you move forward.

- Place your feet hip width apart & hands on your chest
- Lift your hips up to the ceiling
- Pause for a second
- Then slowly lower & repeat

Make harder:

- Perform on your heels & try to straighten your knees fully or use a swiss ball

- Pause at the top for 5 seconds
- Wear a heavy backpack

- Go lower and slower
- Go backwards @ the end.
- ***if too challenging, start with kneeling push ups and work towards this***

- Pause at the top for 5 seconds
- Perform on 1 leg- hover other leg in the air
- Place a heavy backpack across the top of your hips

How many? x2 a week, 1 mins rest in between rounds. 10 seconds off in between exercises

-Week 1- 2 rounds for 20 seconds.

-Week 2- 3 rounds 20 seconds.

-Week 3- 3 rounds 30 seconds

-Weeks 4-6- 3 rounds 30-45 seconds