



Bike Conditioning

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Ultimate Rugby Fitness System © John Lark 2008

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Off Season – Bike Conditioning

Exercises

A1) Bike – 35 minutes

5 min warm up

1 min sprint with 30 seconds recovery – low resistance x4

1 min moderate speed(active recovery) – low resistance

1 min sprint with 1 min recovery – moderate resistance x4

2 min moderate speed(active recovery) – low resistance

1 min sprint with 2 min recovery – high resistance x3

4 min cool down

B1) Reverse Crunches - 20 x 3; 2020; 30s

B2) Low Abs (Garhammer) – Hanging – 15 x 3; 3020; 30s

B3) Obliques (Russian Twist) - Supine Swiss Ball –DB – 10 x 3 each side; 2020; 30s

Exercise Description

Reverse Crunches

Lie on back. Pull legs in towards chest and extent it away from body again. Use slow controlled movements. Keep lower back on floor at all times.

Low Abs (Garhammer) – Hanging

Feet turned inward, chin on chest, arms locked

Obliques (Russian Twist) - Supine Swiss Ball –DB

Hold DB over face; rotate side to side