



WORKOUT CRIB SHEET

GET BIKE FIT

1 THE WARM UP

Using the stairs (or suitable platform if you live in a bungalow) step up and down using alternate legs for around a minute.

2 CORE STRENGTH

Exercise: The plank – hold for 1 minute

3 CALVES

Exercise: Calf raise (raise up on your toes) – 20 reps

4 BICEPS

Exercise: Bicep curl – 10 reps per arm

5 HAMSTRINGS

Exercise: Bench steps – 10 to 20 steps

6 QUADS

Exercise: Wall squats – hold for 15 to 30 seconds

7 FOREARMS

Exercise: Wrist extension – 20 reps per arm

8 COOL DOWN

While standing bring your heel up towards your buttock. Hold for 30 seconds. Repeat with other leg.

Stand with legs slightly apart. Slowly lean forward and slide your hands down your thighs. Reach for the floor and let your muscles naturally stretch. Hold for 30 seconds and slowly raise back to a standing position.



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