

BCA Strength Exercises



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Side Plank

Wipers

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Glute Bridge

V-Hold

 Train Smart. Achieve More

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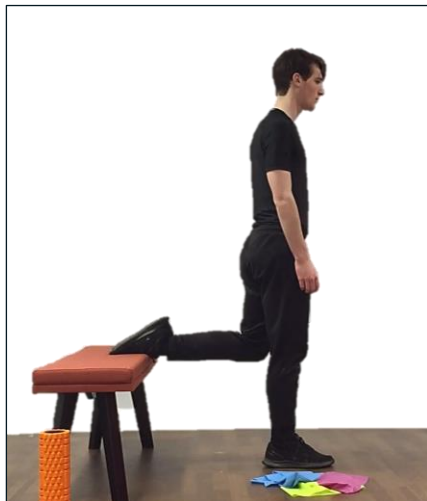
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Bulgarian Squat

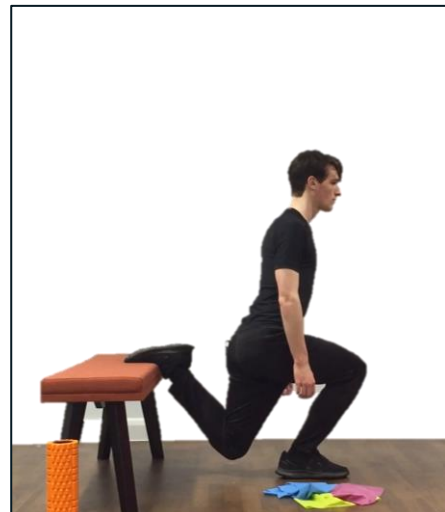
Lower Body Single Leg Exercise



Step 1



Step 2



See the video below for a further visual guide to the movements.



Do.

Use dumbbells and hold them by your side.
Keep your head up and focus on a point ahead.

Don't.

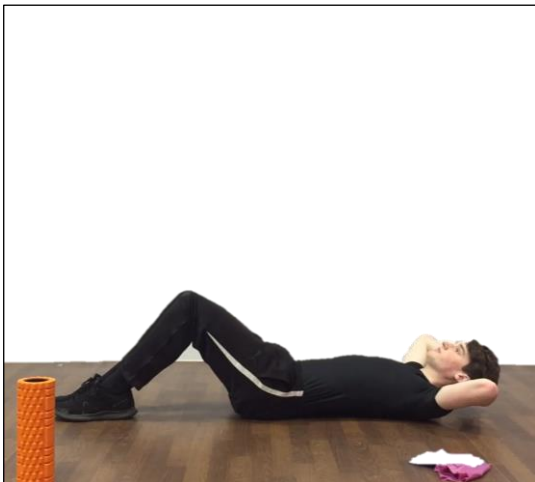
Lean to far forward.
Bend your front knee when unbalanced.

Crunches

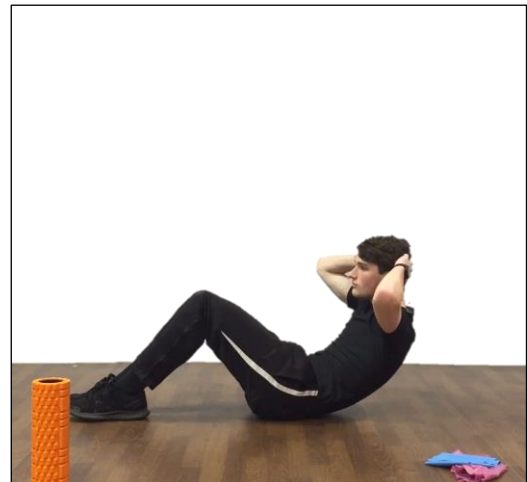
Core Stability Workout



Step 1



Step 2



See the video below for a further visual guide to the movements.



Do.

Plant your feet firmly on the ground.
Keep your head up and focus on a point ahead.

Don't.

Lift up any further than step 2, otherwise you work different muscle groups.

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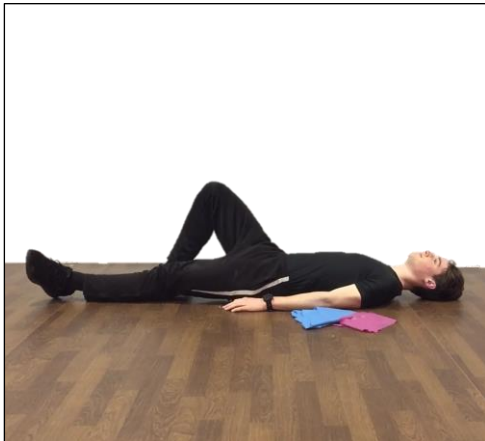
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Single Leg Glute Bridge

Back Stabilisation Workout



Step 1



Step 2



See the video below for a further visual guide to the movements.



Do.

Lift your hips up as much as possible (without causing injury).

Don't.

Over-exaggerate your leg (keep it in line with the rest of your body).

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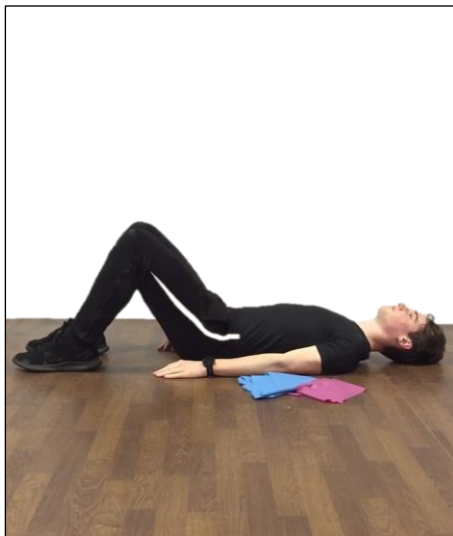
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Glute Bridge

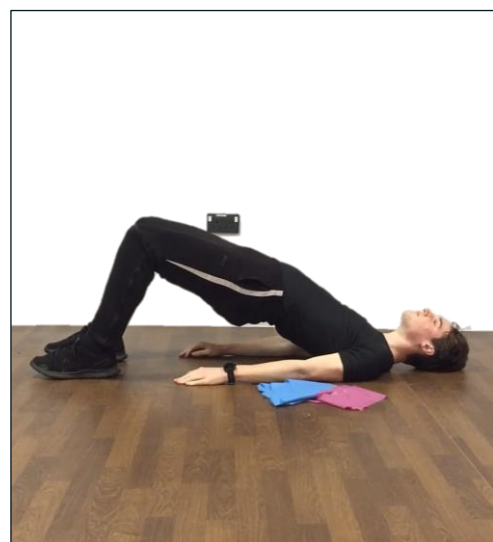
Back Stabilisation Workout



Step 1



Step 2



See the video below for a further visual guide to the movements.



Do.

Lift your hips up as much as possible (without causing injury).

Don't.

Put pressure on your head when moving your hips up – instead your shoulders.

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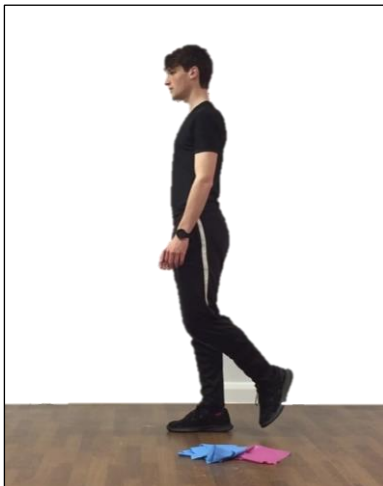
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Standing Hamstring Curl

Hamstring Stabilisation Workout



Step 1



Step 2



See the video below for a further visual guide to the movements.



BCA

Do.

Balance yourself before leaning forward.
Allow your free leg to act as a seesaw (your hips being the pivot).

Don't.

Curve your back when leaning over (keep a good posture throughout the movement).

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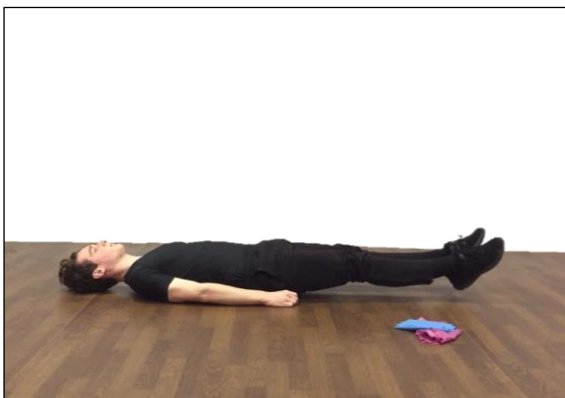
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Leg Raises

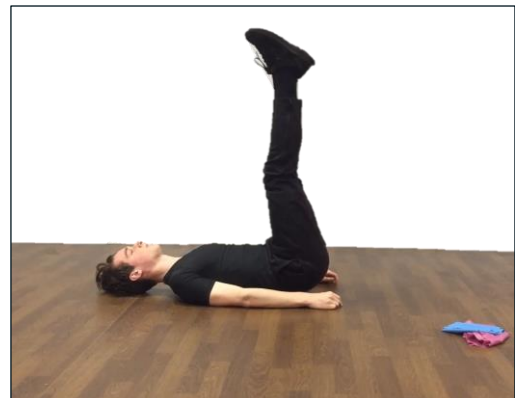
Core Stability Workout



Step 1



Step 2



See the video below for a further visual guide to the movements.



Do.

Keep legs straight and centred (not swaying left or right).

Don't.

Place your hands under your glutes (keep them by your side).

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Lunges

Lower body single leg exercise

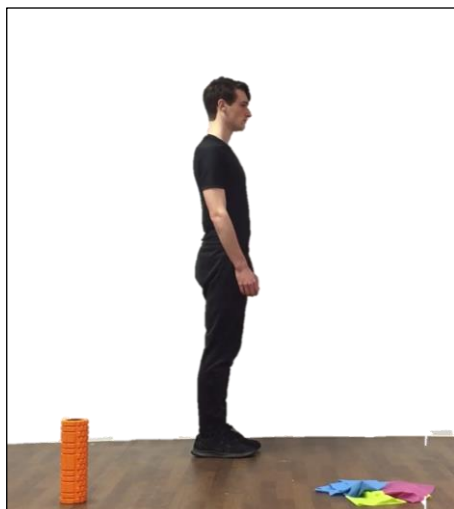


BCA

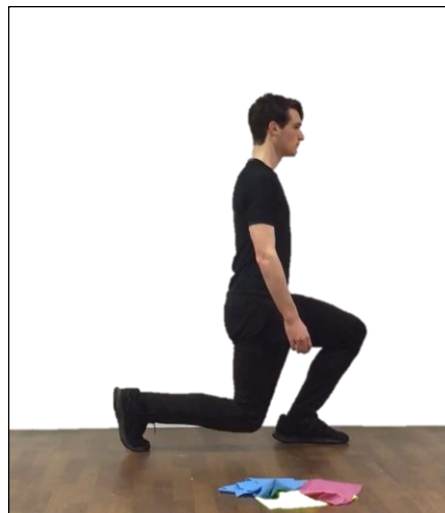
Train Smart, Achieve More



Step 1



Step 2



See the video below for a further visual guide to the movements.



Do.

Keep your head up and back straight.

Don't.

Let your knee touch the ground.

Point your toes in different direction (keep them straight).

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Mountain Climbers

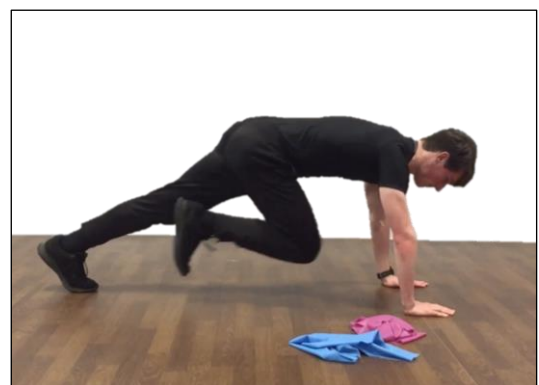
Full-Body Workout



Step 1



Step 2



See the video below for a further visual guide to the movements.



Do.

Keep arms slightly bent.

Work continuously at max effort for a set time.

Don't.

Lift glutes, keep back and upper body straight

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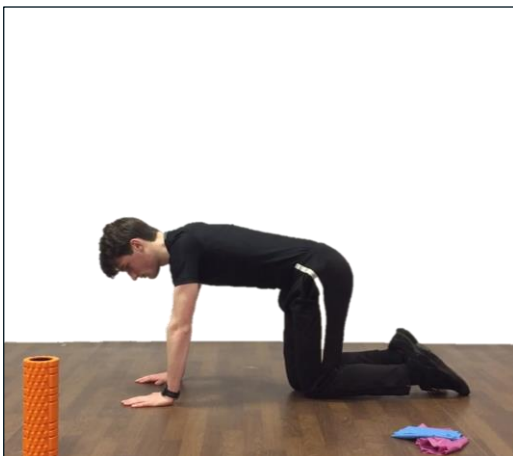
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Opposite Arm and Leg Reach

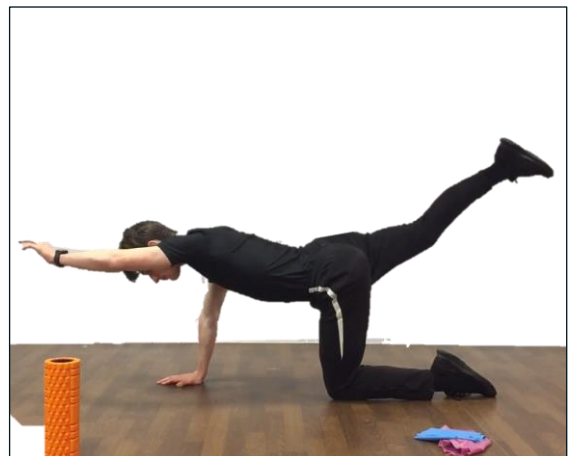
Full-Body Workout



Step 1



Step 2



See the video below for a further visual guide to the movements.



BCA

Do.

Lift arm as much as possible, you should feel your back contracting.

Don't.

Arch back, instead maintain good posture

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Plank

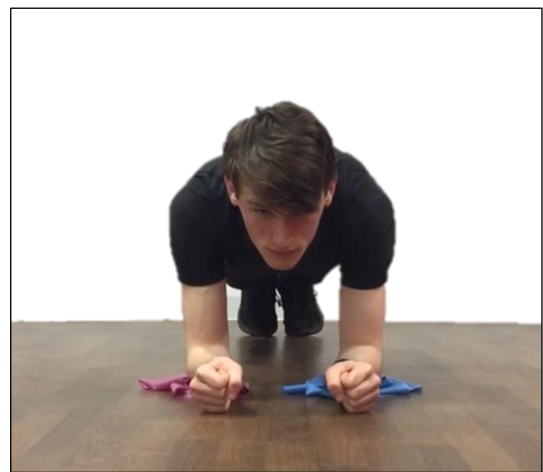
Full-Body Workout



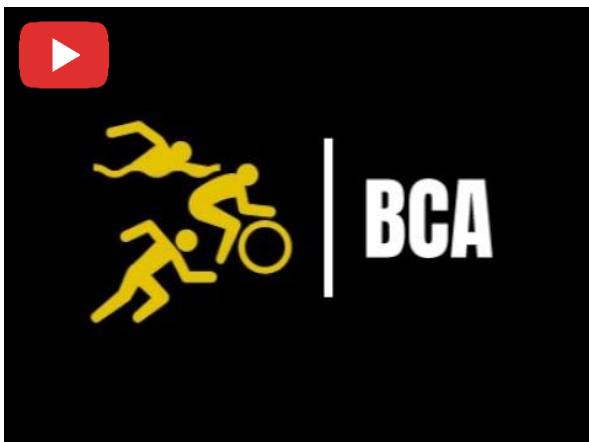
Side View



Front View



See the video below for a further visual guide to the movements.



Do.

Keep your head up and focus on a point ahead.
Keep your fore arms straight (not turned in).

Don't.

Lift your glutes (keep body in a straight line).

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Press Up

Upper-Body Workout



Step 1



Step 2



See the video below for a further visual guide to the movements.



Do.

Drop as low as you can go (imagine a fist is under your core)

Don't.

Just lower your upper body (your whole body should move as one).

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Press Up Jumps

Upper-Body Workout



Step 1



Step 2



See the video below for a further visual guide to the movements.



Do.

Drop as low as you can go (imagine a fist is under your core)

Push Up with full force

Don't.

Just lower your upper body (your whole body should move as one).

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Renegade Row

Upper-Body Workout



Step 1



Step 2



See the video below for a further visual guide to the movements.



Do.

Include dumbbells as you progress.

Keep holding arm straight.

Don't.

Move your body side to side when lifting arm.

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Side Plank Dips

Core Stability Workout



Step 1



Step 2



See the video below for a further visual guide to the movements.



Do.

Keep your hips in line with your shoulders.

Don't.

Let your hips touch the ground throughout the movement.

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Side Plank

Core Stability Workout



Side View



See the video below for a further visual guide to the movements.



Do.

Keep your hips in line with your shoulders.

Don't.

Sway left or right when holding the position (use free arm to prevent swaying).

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Single Leg Hops

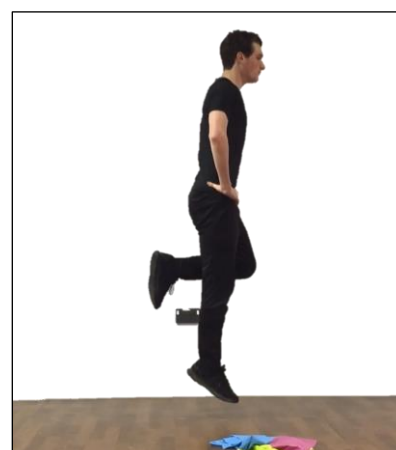
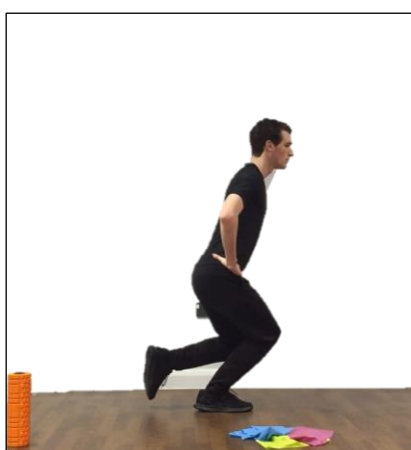
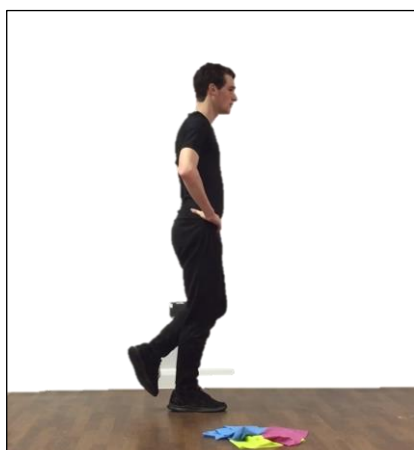
Lower Body Single Leg Exercise



Step 1

Step 2

Step 3



See the video below for a further visual guide to the movements.



Do.

Complete exercise on the spot (not jumping forward or backwards).

Complete exercise at full force.

Don't.

Let your knee sway left to right (stabilisation).

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Single Leg Squat

Lower Body Single Leg Exercise

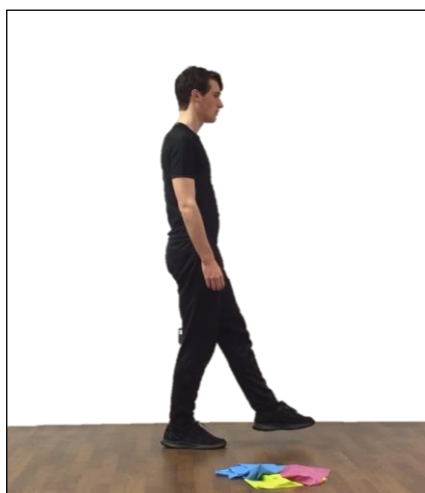


BCA

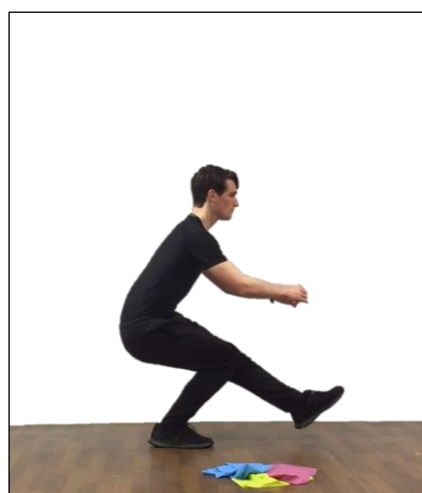
Train Smart, Achieve More



Step 1



Step 2



See the video below for a further visual guide to the movements.



BCA

Do.

Drop (in a controlled manner) just below 90 degrees.

Don't.

Let your knee sway left to right (stabilisation).

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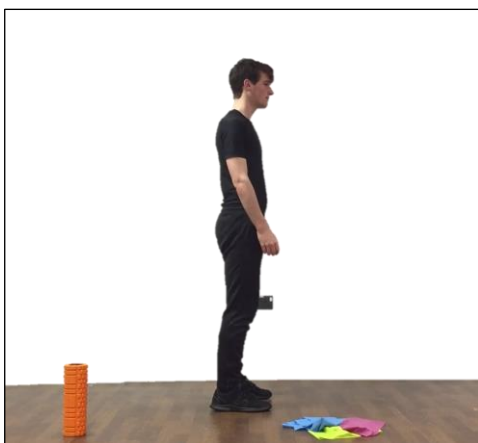
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Squat

Lower Body Leg Exercise



Step 1



Step 2



See the video below for a further visual guide to the movements.



Do.

Keep back straight and toes pointing forward.
Keep head up and focus on a point ahead.

Don't.

Lift up your heels, keep feet firmly placed on the floor.

Drop below 90 degrees.

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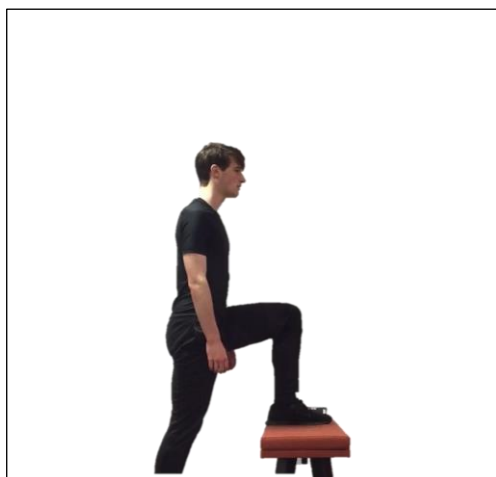
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Step Ups

Lower Body Leg Exercise



Step 1



Step 2



See the video below for a further visual guide to the movements.



Do.

Use dumbbells as a progression.

Step up at full force.

Don't.

Step up before you have balanced yourself.

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Tricep Dips

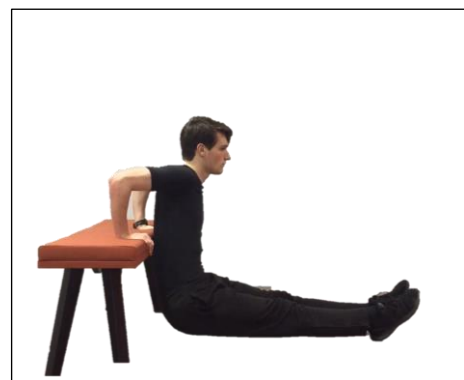
Upper-Body Workout



Step 1



Step 2



See the video below for a further visual guide to the movements.



Do.

Bend your arms to 90 degrees.

Don't.

Let your glutes touch the floor when at the lowest point.

Stick your elbows out, keep tight to the body.

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TT Skier Squat

Full-Body Workout



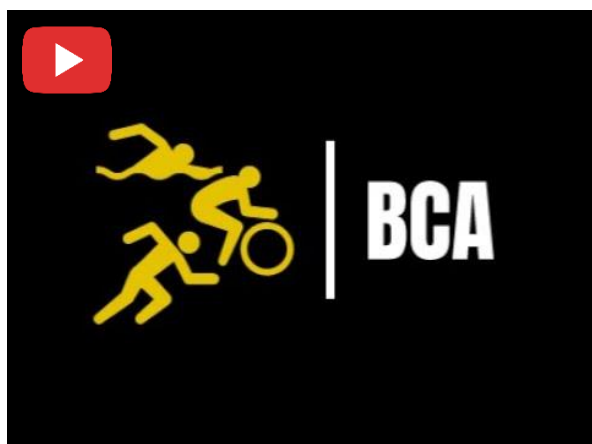
Side View



Front View



See the video below for a further visual guide to the movements.



Do.

Use dumbbells instead of foam roller to improve back strength.

Hold position as if it is your TT bike.

Don't.

Drop your head (focus on a point in front).

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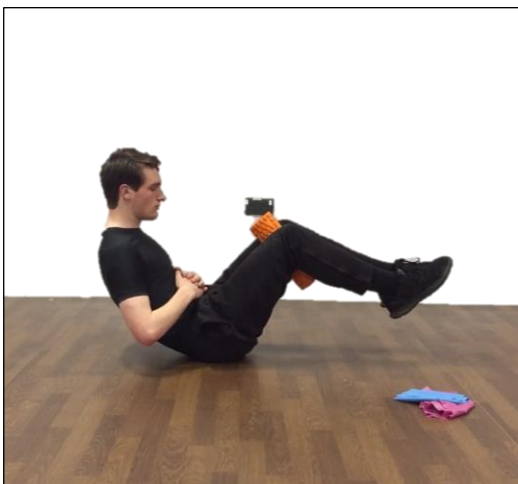
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V-Hold

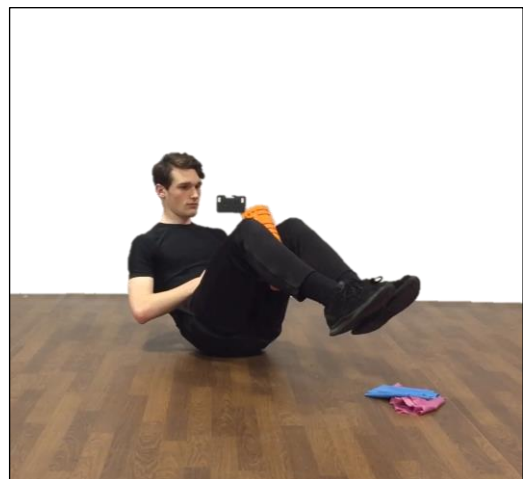
Core Stability Workout



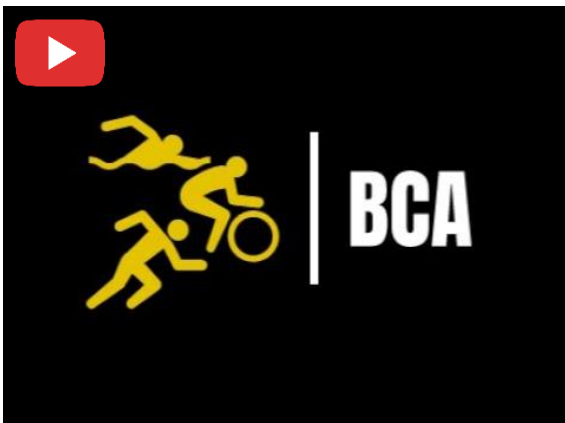
Side View



Front View



See the video below for a further visual guide to the movements.



Do.

Keep your feet off the ground.

Lean back further as a progress.

Don't.

Squeeze the foam roller too hard. It is only there to help with the position and engage core.

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Wipers

Core Stability Workout



Step 1



Step 2



Step 3



See the video below for a further visual guide to the movements.



Do.

1 rep is both to the left and right.

As a progression keep legs straight and vertical.

Don't.

Let feet drop (keep legs bent at a 90-degree angle).

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