

## SWISS BALL LUNGE



- **Muscle group:**  
Hamstrings

1. Place your lower back on the Swiss ball against the wall. Stand in a staggered stance.
2. Slowly lower your body until your knee on your back leg is 2 inches from the ground.
3. Pause, then push self back to the starting position.
4. Complete 15 repetitions on one side then change legs.

**TARGET:**  
15 reps/ 3 sets



**VARIATIONS**  
Perform exercise without the Swiss Ball. Instead try holding on to Dumbbells

## WALL SQUAT



- **Muscle group:**  
Quadriceps

1. Keeping your back against the wall.
2. Bend your knees at a 90 degree angle and with your feet spread shoulder width apart.
3. Rest your hands on your hips but refrain from placing them on your thighs.
4. Hold this position until legs fatigue.

**TARGET:**  
Hold for 30 seconds  
or until fatigue/ 3 sets

## London 2 Cambridge



**Finish**  
**CAMBRIDGE**

Midsummer  
Common

Whittlesford

Langley

Ferneux  
Pelham

Widford

Roydon

**Start**  
**LONDON**

Picketts Lock

This is a great event to be and people with a range of varied levels of fitness can take part. The event takes place on the **24th of July**, starting in London and finishing in Cambridge. It's 96km cycle ride through beautiful countryside.

The best course is regular and gentle training, keeping within your ability range and gradually building up both your fitness and your confidence. This will help you to get the most out of the ride.

For more information Contact: **Bike Events Ltd, PO Box 2127, Bristol, BS99 7LN** [www.bike-events.com](http://www.bike-events.com)

## Cycle Fit online with **FITNESSWORKS**

*For all our training requirements,  
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Fitnessworks Management Services (FWMS) forms partnerships with corporate, organisations of all sizes to provide bespoke fitness suites and managed gym services.

It works to bring a new level of energy to health and fitness facilities where out-sourced expertise is required. Hotels in particular are acutely aware of the need to maintain customer satisfaction and FWMS will deliver a state-of-the-art facility which in turn will reflect the company's own meticulous standards.



**FitnessWorks**

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