

# GET GREAT LEGS

in 6 steps

Get drool-worthy legs, plus super-charge your riding with this great workout.

## pendulum lunges

Stand holding dumbbells down at your sides. Take a big step back with your left leg, bending your right knee so your right thigh is parallel to the floor (keeping your right knee behind your toes) and your left knee dips down. Press with your right foot and swing your left leg back up and in front of you into a forward lunge, so your left thigh is parallel to the floor and your right knee dips down. Continue for a full left-leg set, then switch legs.

**Sex and strength appeal:** This dynamic move gives you eye-popping quad definition and chiselled glutes, plus more power out of the saddle.



## smith machine squats

Stand with the padded bar across your shoulders. Place your feet hip- to shoulder-width apart and keep your knees soft. Raise the bar off the support to free it from the safety lock and, keeping your back straight and eyes forward, squat until your thighs are almost parallel to the floor. (Again, be sure your knees don't jut out over your toes.) Hold, then use your legs – not your back – to press back to standing. Repeat.

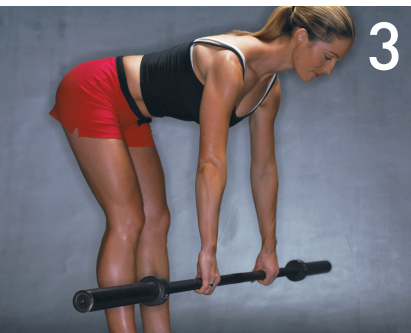
**Sex and strength appeal:** Squats forge steely pedal pushing and shapely hamstrings that will dust your skinny pals.



## deadlifts

Stand holding a barbell in front of your thighs, palms facing back. Bend your knees slightly, and while keeping your back flat, slowly bend at the waist, lowering the weight as far as is comfortably possible. Pause and return to the starting position. Note: This is an advanced move, so start with a light weight to get the form perfected.

**Sex and strength appeal:** The hamstring and glute action raises your rear view with high, firm glute muscles, and makes you a stronger-seated climber.



## planted step-ups

Hold a dumbbell in each hand and face a bench or step about 30cm high. Step up with your right leg and, at the top of the move, contract your glutes and extend your left leg behind you. Bring your left leg back down until your left toe just touches the floor. Immediately repeat, completing a full set with one leg. Then switch.

**Sex and strength appeal:** Helps hone the muscular quad bulge above your kneecap for conquering climbs.



## calf raises

Stand on one foot, dumbbell in the same hand as the foot that's on the ground. Raise up on the ball and toes of your foot as high as comfortably possible. Hold, then slowly return to start. Repeat for a full set, then switch legs.

**Sex and strength appeal:** Gives you those sweet splits down the centre of your calves, as the muscles that support your ankles during seated climbs and sprints stand to attention.



## saddle jumps

Immediately after racking your last dumbbell, jump onto a stationary bike or trainer. Spin easy for a minute or two. Then turn up the tension so you feel like you're pushing a large gear. Stand, hover out of the saddle in a crouch, and rev your cadence as high as comfortably possible, as if you're chasing down a break. Hold for 10 seconds. Sit back and slow down to recover. Repeat six to eight times. Then cool down.

**Sex and strength appeal:** Sheds fat from emerging muscles, and applies your newfound strength directly to the bike.

