



## SINGLE LEG BOUNCE

**Muscles** Calves, abs

You may be keen to cover them up in the cold weather but that's no reason to let your calf muscles off. Find a ledge and place the ball of your left foot on it. Rest your right foot behind your left calf and lower your left heel (**A**), then rise onto your toes in a bouncing motion (**B**). "The unstable motion switches on your abs as they have to tense to maintain your balance," says Raynsford. Complete your reps then switch legs. This will boost your off-the-mark pace – on foot or on two wheels.

### GYM VERSION

Hold a dumb-bell in the opposite hand to the calf you're working (A-B). You'll force your abs and calves to work harder as the weight will shift you off balance and more of your supporting muscles will be called into play. This will strengthen your core and calves keeping you steady when the pavements start to ice up.

