

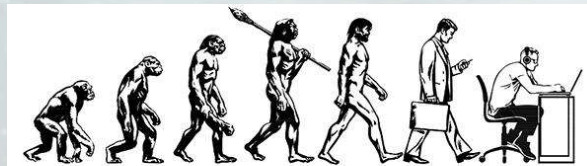
Exercises for Cyclists

...of all skill levels!



Exercises for Cyclists

- Our bodies like (and seek) variation of posture and movement
- We aren't meant to be in one position for an extended period in time – e.g. 8 hours at a desk

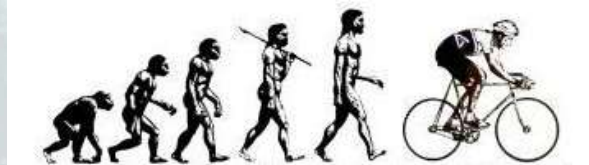


- We aren't harming or damaging ourselves, but our bodies let us know with aches and pains that it's time to move to take pressure away from some tissues and stretch off others



Exercises for Cyclists

- Our bodies aren't meant to be on a bike for extended periods of time either



- So to help ourselves out, what's your "hunch" on where we should start?



A Great Starting Point...

- Main concepts
 - Slacken structures that have been placed in a tensed or stretched/lengthened position
 - Lengthen structures that have been placed in a shortened or compressed position
 - ⚠ Stretching is not always the answer!
- **THESE GO HAND-IN-HAND**



Some Great Starter Exercises

- Thoracic spine extension
 - Over a foam roller or kneeling at a chair
- Chest opener/mobility
- **Theraband T+Y's**
- Hip flexor mobility in half kneeling
- Butterflies
- **Glute bridges + belt/band at knees**



Thoracic Spine Extension

Over a Foam Roller

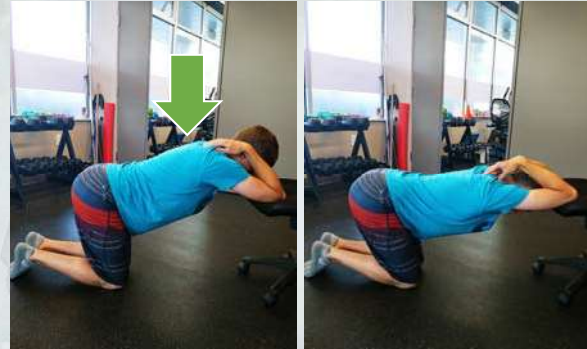
- Lay down on the roller with it placed in the middle of your shoulder blades
- Bend your knees and keep your feet flat on the ground
- Use your legs to push and pull you over the foam roller, rolling from the top to the bottom of your shoulder blades
- Roll up and down for 1 minute
- Don't roll on your neck or lower back!



Thoracic Spine Extension

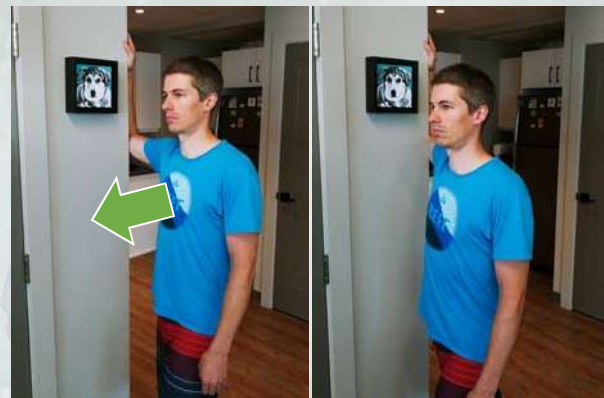
Kneeling at a Chair

- Kneel down facing a chair
- Bend forward at your hips and place your elbows on the front edge of the chair
- Bend your elbows and place your hands on your upper back
- Keeping your head in neutral (i.e. don't look down or look up), relax your chest and torso down to the floor
- Pause here for 3 seconds, then come back up
- Perform for 10-15 repetitions



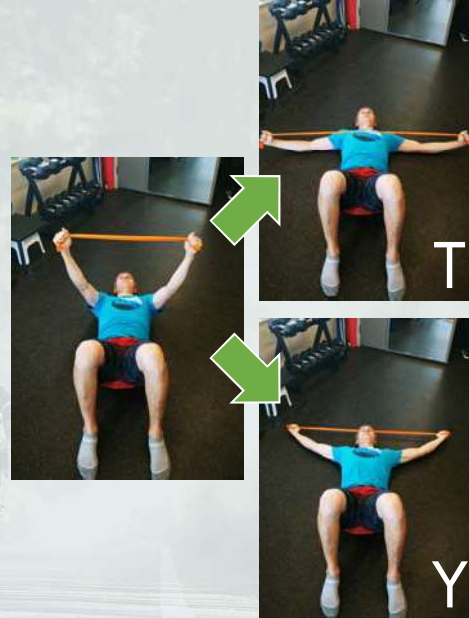
Chest Opener/Mobility

- Place forearm on the corner of a wall or doorway, ensuring your elbow is at or above shoulder height
- Place your opposite leg in front so you are in a staggered stance
- Lean forward and shift your body weight onto your front leg until you feel a medium pull/stretch in your chest
- Pause here for 3 seconds, then shift your body back
- Perform for 10-15 repetitions



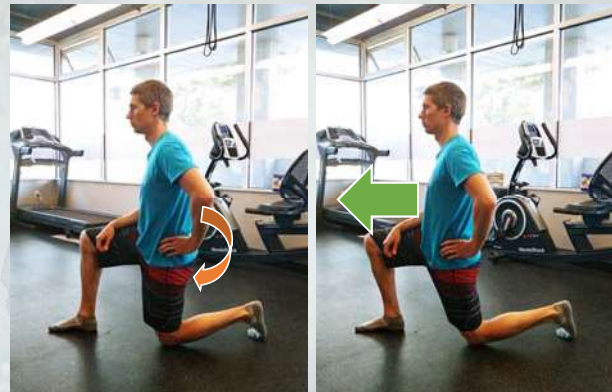
Theraband T+Y's

- Lay down with both feet flat on the ground, knees bent to 90°
- Hold onto a theraband with both hands, and raise your arms up so that they are directly above your shoulders
- Start with your thumbs facing each other or pointing up overhead
- For the 'T', pull the band apart so your arms move horizontally away from each other until they touch the ground, then return to arms over shoulders
- Then go into the 'Y' by pulling the band apart as you raise your arms up overhead until your arms touch the ground, then return to arms over shoulders
- A 'T' followed by a 'Y' is considered 1 repetition
- Perform 8-10 repetitions for 2 sets, or let fatigue be your guide (i.e. do more reps if you feel you can, your do less if you feel like you won't be able to complete the set) – form is by far the most important thing



Hip Flexor Mobilization

- Place the knee on the ground of the hip flexor you wish to mobilize/stretch, with the opposite leg in front
- Tuck your tailbone/flatten your back (orange arrow), then slowly shift your entire upper body forward until you feel a stretch in the front of your hip – you might also feel a stretch down your quads
- Pause here for 3 seconds, then shift your body back
- Rock back and forth for 10-15 repetitions
- Switch legs and perform as above



This demonstrates mobilizing the LEFT hip flexor



Butterflies

- Lie on your back with knees bent to $\sim 90^\circ$ and feet flat on the floor
- Bring your feet and knees together so they are touching each other
- Slowly drop the knees out to your sides until you feel a medium pull/stretch along your inner thighs
- Pause here for 3 seconds, then bring your knees back to midline
- Perform 10-15 repetitions
- If this is uncomfortable, position a pillow or two under each knee so they relax down onto them at the bottom of the movement



Glute Bridges + Belt/Band at Knees

- Place a resistance band or belt just above your knees
- Lie on your back with knees bent to $\sim 90^\circ$ and feet flat on the floor
- Press your knees outward into the band/belt, then squeeze your buttocks/glutes to raise your hips off the ground until your hips are in line with your knees and shoulders
- Pause here for 3 seconds, then slowly lower your hips back down
- Perform 8-10 repetitions for 2 sets, or let fatigue be your guide

