



PHASE 1 STRENGTHENING

- This group of exercises are designed to increase leg and core endurance and stability related to cycling.
- Perform this program for 4-6 weeks. It is ideal to perform 3-4 times a week. During a race season it is often necessary to cut back to 2 times a week and eliminate leg exercises during a taper week.
- Remember that recovery from this program is also necessary. That means getting proper nutrition and hydration.
- Always perform a proper warm up and dynamic stretches prior to starting this program.

FUNCTIONAL CORE STRENGTHENING



MONSTER WALK: Use a resistive band around the ankle. Keep back straight, abs tight, weight on midfoot and heels (not toes) and knees bent. Walk sideways (both directions). **DO THIS WITH KNEES STRAIGHT.**



CLAM HIP AT 45 DEGREES: Lay on your side with hips at 45 degrees and knees at 90 degrees. Place top hand on hip to keep forward. Keep your abdominals (TA) tight and feet together and lift knee up and slowly lower down.



45 DEGREE ABS WITH ARM RAISES: keep abs (TA) tight and maintain 45 degree angle with the ball – keeping your head back as well. Alternate lifting arms as far back as possible and slowly.



Dynamic Glute Med: While balancing in single leg stance, maintain an upright posture and reach back and to the side with the opposite leg. Tap foot without placing weight into it and return to the starting the position drawing your leg through and finishing with your knee up.

Double Leg



Single Leg



Supine Ball hamstring Curls: While maintaining a TA contraction, the patient should bridge up digging heels into the ball, and roll ball towards their rear end.

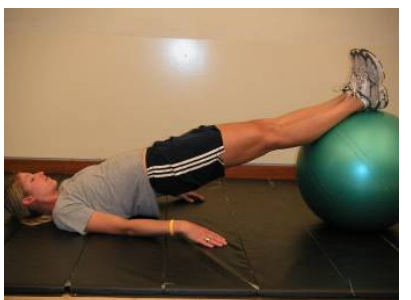
LEVEL 1 Bridging



Single Leg Bridging



LEVEL 2 Foot on Ball Bridging Single Leg FOB Bridging



Bridging Sequence: Keep abs tight and pelvis level (do not let pelvis dip) and lift butt up and hold 5 seconds. Do not let leg that is in the air go higher than your knee. Cross your arms over your chest when this gets easy. Hold top position for 5 seconds. 2 sets of 1 minute. Progress to level 2.



Russian Twists Shoulders on Ball: Patient is to maintain a tight TA contraction and neutral spine while rotating either the upper half of their body. Use a 10 lb weigh in hands.

Exercise: Prone Ball Plank (knees on ground)



Keep abdominals tight and spine straight and neutral. Alternate knee to chest. Perform 2 sets of 1 min.



Ball Push-Ups: Maintain good lumbar position and tight TA. 2 sets to fatigue.



4-Point Ball: Maintain balance and a neutral spine on the ball and alternate extending opposite extremities. Keep arm close to head and keep leg straight.



Side Plank: While maintaining a neutral spine, hold.
Hold for: 30-60 seconds

Shoulder on Ball Bridging Single Leg SOB Bridging



This position to held for: 5 seconds 2 sets of 1 minute. Keep hips level and do not let your pelvis drop.