



Criss Cross Cycling Bug

Lie supine and lift your thighs perpendicular to the floor, knees bent at a 90 degree angle. Place your palms on the opposite thighs. Contract your abdominals (think of pulling your belly button to your spine) while relaxing neck muscles. Breathe.

Abdominals must remain fully engaged to prevent any motion at the pelvis. Perform an isometric contraction by pushing with away with your right palm and simultaneously flexing your left hip.

Hold that isometric contraction as you perform one cycling motion/revolution with your right leg. Return to starting position. Repeat with the opposite leg, maintaining an isometric contraction with your left hand and right leg. Alternate L-R-L-R 15 times.

Progress to lifting your same side arm overhead as you perform cycling motion.



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Abdominals must remain fully engaged to prevent any motion at the pelvis. Perform an isometric contraction by pushing with away with your palm and simultaneously flexing your hips.

Hold that isometric contraction on the left side as you perform one cycling motion/revolution with your right leg. Return to starting position. Repeat with the opposite leg. Alternate L-R-L-R 15 times.

Progress to lifting your same side arm overhead as you perform cycling motion.



Bird Dog

From a quadruped position, stabilize the core. Without allowing the pelvis to drop, unweight the right arm and left leg. If no instability occurs at the pelvis, extend the right arm and left leg. Hold 1-2 seconds, return to starting position and repeat with the left arm and right leg.



Forearm Plank

Begin on your stomach balancing on your toes (feet slightly apart) and forearms with bent elbows. Engage your core to maintain proper alignment of the pelvis and spine in a straight line.



Straight Arm Plank with 3 way

Imagine the letter Y on the floor. Begin on your stomach balancing on your toes (feet slightly apart) and palms on the ground, arms straight with nose at the intersection of the Y. Maintain proper alignment of your pelvis and spine in a straight line. When you can hold this position with proper alignment for ~1', progress by flexing one arm straight ahead, tracing the tail of the Y. Lift as high as you can without losing alignment. Next, extend that same arm (right in photo) back at a 45 degree angle from your torso, tracing the line of the "V" portion of the Y, as high as you can without losing alignment. Repeat bringing that same arm across your chest, towards the opposite hip, tracing the other line of the "V".



Side Plank

Begin on your side with your lower elbow bent, knees and feet stacked. Lift your body as a single unit, engaging your core to ensure proper alignment of your pelvis and spine in a straight line. When you can hold this position for ~1 minute, advance to lifting top arm. The final "turn up" is lifting your upper leg and arm while maintaining proper alignment.



Bridge Step 1

Lie supine on a firm surface. Contract your abdominal muscles, pulling your belly button to your spine, flattening the small of your back into the firm surface. While keeping that tension, contract your gluteal (butt) muscles to lift your seat off the floor, performing a bridge. Drive your heels down, being sure to keep your pelvis level. Repeat x 10

Progress to Step 2 when this is no longer challenging.



Bridge Step 2 with Straight Leg Raise

From your elevated bridge position, maintain abdominal tension. Drive your left heel to engage your left gluteal muscle as you slowly straighten your right knee. Be sure to keep the pelvis level.

Turn up: Slowly pulse the right leg outwards (hip abduction) x 10 reps without letting your pelvis drop.



Single Leg Squat 3 waY

Imagine standing at the intersection of the letter Y backwards (facing the tail of the Y). Perform a controlled single leg squat, making sure your pelvis remains level and your knee tracks straight over your toes, with your free leg (right in photo) moving straight ahead, tracing the tail of the Y. Repeat with your free leg extending posterior and lateral (backwards and out to the right). In the final set, extend your free leg posterior and medial (backwards and to the left). You will trace both lines of the "V" portion of the Y, respectively.



RDL Single Leg

This is a modified cycling version of the Romanian Dead Lift (RDL). The focus is on proper hip hinge, which translates on the bike as an anterior pelvic tilt while keeping a neutral spine. Balance on one leg, hinge forward with motion coming from the pelvis, not the spine, which should keep slight tension but no motion. You should feel tension increase through the posterior chain, especially the hamstrings. Hold onto a weighted ball for added challenge. When you reach the limit of your hamstring mobility, raise back up using your gluteal muscles.