

CORE STRENGTH FOR CYCLING

Bulging quads and razor-cut calves may be the envy of many cyclists, but if your hips seesaw in the saddle, your lower back aches, and/or you slow in around corners, then it's likely that your core strength is failing you. It's like having the body of a Ferrari with a Fiat chassis underneath. A solid core will help eliminate unnecessary upper-body movement, optimising a smooth pedal stroke, and help prevent injuries.

YOUR REHABILITATION PROGRAMME

This exercise programme has specific exercises to strengthen

muscles around your lower back and core. It is important to ensure the exercises are performed with good technique. Poor practice may place potential strain on your back. The following leaflet includes some exercises to help in your rehabilitation.

PROGRESSION SPEED

Your therapist will advise you on the speed you should progress. Progression is not just about being able to do the exercise but to do it correctly, with appropriate control. If at any time you feel pain or discomfort stop the exercises and consult your therapist.

PLANK

Rest on your forearms and your toes. Hold this position. Keep good straight posture, and do not let your back arch too much. Progress this exercise by raising one leg and holding it up in the air and then place it back down. Alternate legs and arms.



SETS	REPS
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Video:

<http://youtu.be/vQKLvMTYA9Q>

SIDE PLANK

Lie on your side, and form a bridge between your feet and forearms (by lifting your pelvis). This exercise works the abdominal and Oblique muscles. You can progress this exercise by raising your top leg up and holding it in the air, and even lifting your top arm up and holding in the air so you look like a star fish.



SETS	REPS
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Video:

<http://youtu.be/vQKLvMTYA9Q>

SUPINE BRIDGE HARD

Lie flat on your back with your arms by your side, and with your knees bent. Squeeze your bottom muscles and lift your back upwards and straighten one leg. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.



SETS	REPS
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Video:

<http://youtu.be/x-b9yvFzLqk>

BOXER'S SIT-UP

Lift one leg off the floor a few inches, and the other off the floor with your knee bent as shown in the picture. Perform a crunch by touching your hand to your foot. This is a tough sit-up! But you can make it easier by moving your foot closer to you, or away from you to make the exercise harder. This exercise helps to strengthen the abdominal muscles and Oblique muscles.



SETS	REPS
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Video:

<http://youtu.be/9SB8VkgXY98>

MOUNTAIN CLIMBER

Start in a press-up position, and bring one leg in so your left knee is close to your left hand. Straight away, take it back out and then bring your right knee in towards your right hand, and repeat. This exercise is great for strengthendurance and works the whole body.



SETS	REPS
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Video:

<http://youtu.be/GIEr1JgtdiU>

PRESS-UP HOLD SB

Go into a press-up position, and place both hands on a Swiss ball. Keep your body straight, tuck your bottom under and keep your back flat. Bend the elbows slightly, and hold this position. This is a great exercise to improve stability to your shoulder.



SETS	REPS
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Video:

http://youtu.be/adJEjlxSC_I