

## ***Plan for Cyclists***



Exercise	Instruction	Teaching Points	Notes
Nose Circles	Standing tall, draw small circles with the nose to mobilise the top of the spine.	Keep the circles very small Maintain length through the back of the neck	
Arm circles with spinal extension	Inhale to circle arms out and lift through the breastbone to extend the thoracic spine. Exhale to complete the circle	Easy shoulders Maintain lengthen in neck Allow eyes to lead the movement	
Spinal twist	Inhale to rotate to one side, exhale to return	Extend arms out as far as possible Allow hips to move naturally	
Pelvic circles	With hands on ribcage, circle pelvis round focusing on equality in circle	Observe if spinal flexion or extension is restricted Allow knees to soften	
Ribcage circles	With hands on pelvis, circle ribcage round	Observe if spinal flexion or extension is restricted Allow knees to soften	
Hip/knee/ankle circles	Balanced with one knee lifted, circle ankle, then knee then at hip. Then reverse directions	Stand tall Be aware of hip hitching Isolate movement at each joint	
Push-up	Roll down through the spine, walk hands out, perform 3 push ups. Pike into Up stretch and return to standing	Focus on sequential spinal articulation Hands under shoulders, elbows into waist as perform the push up	
Leg Pull Prone	Onto all fours, toes curled under. Exhale to hover knees and then lengthen legs out into position. Lengthen one foot away and press back into calf stretch x3	Lengthened spine Lift into throat to avoid head hanging Create lengthen through the whole body	M: One knee stays bent P: Knee in

Roll up	Legs extended with small knee bend. Inhale to lift arms up and exhale to flex through lumbar spine, bringing arms front. Inhale and exhale to return. Begin at small ROM and increase.	Focus on sequential movement Be aware of head position Make sure equality of spinal movement	P: Add spinal rotation
Saw prep	Seated with right knee bent, foot placed on inside of left leg. Turn to face bent knee. Inhale to lift right arm up, exhale to laterally flex, inhale to rotate down and reach hand past little toe, exhale to rotate back and return to seated	Make sure there is lateral flexion prior to flexion Focus on rotation as reach forwards	
Single leg stretch with hamstring focus	Lying supine, spine flexed, knees in towards chest, feet strongly flexed. Exhale to lengthen one leg away, pressing through the heel, lift it up and bend in. Switch to other side.	Strongly press out through the heel to emphasis hamstring connection. Keep lifting crown of head towards ceiling. Do not allow lengthened leg to go too low.	M: Keep one foot on the floor
Shoulder bridge with extension	Lying supine, creating a strong connection through the feet and arms. Inhale to create a slight lumbar extension, exhale to flex through the spine to lift into the bridge. Inhale to press into the arms and further extend the thoracic spine, exhale to return to the mat.	Articulate sequentially through the spine. Ensure a focus on thoracic rather than lumbar spine Keep active through the arms.	M: omit spinal extension P: Add in leg kicks, focusing on hip extension.
Double leg stretch	Lying supine, spine flexed, knees in towards chest, feet strongly flexed. Inhale to lengthen both legs away, pressing through the heels, arms reaching long to sides. Exhale to draw back in	Strongly press out through the heel to emphasis hamstring connection. Keep lifting crown of head towards ceiling. Do not allow lengthened legs to go too low.	M: Keep head down

Side kick	Side lying, supported on the elbow, palm flat on floor. Bring legs slightly in front, strongly flexed foot of supporting leg. Take top leg back into hip extension. Exhale to flex forwards, inhale to draw back	Focus on hip extension Keep strongly pressing out of heels. Keep lifted through ribcage, sending top hip away. Maintain stability through bottom leg and ribcage	M: Perform with head down P: Add in circles with hip in extension
Other side			
One leg kick	Lying prone, forehead resting on hands. Inhale to lengthen leg away, exhale to kick one leg in, inhale lengthen, exhale to lower.	Focus on hip extension rather than lumbar extension Keep control when kicking-don't let body rock.	M: Omit kick P: Add double pulse to the kick
Double leg kick	Lying prone, legs together, head resting on right cheek. Hands placed, one on top of other as high up back as is possible. Inhale to extend spine, bring head in line with spine, lengthening arms back and up. Exhale to return, resting head on left cheek	Focus on externally rotation at the shoulders Press feet into the floor when you extend Keep focusing on lengthening through the spine in both phases.	M: Allow hands to come apart as they reach back.
Rest position			
Leg pull supine	Seated, hands behind, fingers facing towards feet, legs extended. Exhale to press into heels and lift into a long line. Inhale to lower	Focus on hip extension and flexion Spine stays long Be aware of head alignment	M: Knees bent M: Adjust hand position P: Add kicks
Spine Twist	Seated tall, knees slightly bent, arms extended out to sides. Inhale to rotate to one side, exhale to press further. Inhale to return, exhale to lift taller.	Focus on lengthening and lifting the spine Keep nose in line with breastbone	M: Sit on block
Kneeling hip opener	Kneeling up, bring right foot forwards, knee over foot. Inhale to lift right arm up as you tuck pelvis under and lean back to create stretch. Exhale to lower arm and release pelvis	Focus on posterior tilt in pelvis rather than anterior. Keep hips level. Focus on thoracic extension.	M: Reduce ROM