

COMMENTS: Please consult with your PT before starting this program.

This is a core strengthening series intended for the cyclist. There is a progression for each series, 1-3. Begin with Part I of series 1-3. When you can hold the static position for >30 seconds, progress to Part II. When you are able to complete 15 reps with perfect form, progress to the dynamic exercises for series 1-3. You can continue to do Part I, Part II and the Dynamic sets. The complete core strengthening program should take 10-15 minutes.



Abdominal Series #1

Part I: Lie supine and lift your thighs perpendicular to the floor, knees bent at a 90 degree angle. Place each hand on the front of the respective thigh. Contract your abdominals (think of pulling your belly button to your spine). Hold for 30 seconds or until shaking commences.

Repeat 15 Times
Hold 2 Seconds
Complete 1 Set
Perform 3 Time(s) a Week

Rest if needed for 30seconds, otherwise proceed as follows.

Part II: Push down on the right thigh with your right hand as you forcefully flex your right hip. No motion should occur at the hip. Abdominals must remain fully engaged to prevent any motion at the pelvis. Alternate right-left-right-left, holding each contraction for 1-3 seconds, repeat each leg 15 times.



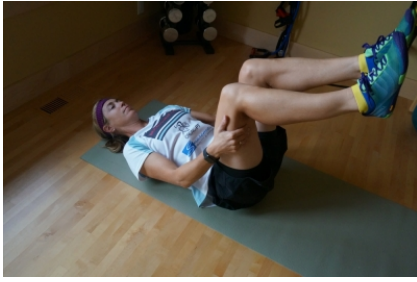
Abdominal Series #2

Part I: Lie supine and lift your thighs perpendicular to the floor, knees bent at a 90 degree angle. Place each hand on the front of the opposite thigh. Contract your abdominals (think of pulling your belly button to your spine). Hold for 30 seconds or until shaking commences.

Repeat 15 Times
Hold 2 Seconds
Complete 1 Set
Perform 3 Time(s) a Week

Rest if needed for 30seconds, otherwise proceed as follows.

Part II: Push down on the right thigh with your left hand as you forcefully flex your right hip. No motion should occur at the hip. Abdominals must remain fully engaged to prevent any motion at the pelvis. Alternate right-left-right-left, holding each contraction for 1-3 seconds, repeat each leg 15 times.



Abdominal Series #3

Part I: Lie supine and lift your thighs perpendicular to the floor, knees bent at a 90 degree angle. Place each hand behind the respective thigh. Contract your abdominals (think of pulling your belly button to your spine). Hold for 30 seconds or until shaking commences.

Repeat 15 Times
Hold 2 Seconds
Complete 1 Set
Perform 3 Time(s) a Week

Rest if needed for 30seconds, otherwise proceed as follows.

Part II: Pull up on the right thigh with your right hand as you forcefully extend your right hip towards the floor. No motion should occur at the hip. Abdominals must remain fully engaged to prevent any motion at the pelvis. Alternate right-left-right-left, holding each contraction for 1-3 seconds, repeat each leg 15 times.



Abdominal Series #1 Dynamic

Lie supine and lift your thighs perpendicular to the floor, knees bent at a 90 degree angle. Place one hand on the front of the respective thigh. Contract your abdominals (think of pulling your belly button to your spine).

Repeat 15 Times
Hold 0 Seconds
Complete 1 Set
Perform 3 Time(s) a Week

Simulate a sprint whereby you are pushing down on the opposing handlebar as you power through the pedal stroke. To do this, push down on the right thigh with your right hand as you forcefully flex your right hip. No motion should occur at the right hip. Abdominals must remain fully engaged to prevent any motion at the pelvis. Simultaneously, perform a cycling motion with your left leg. Alternate R-L-R-L 15 times.

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



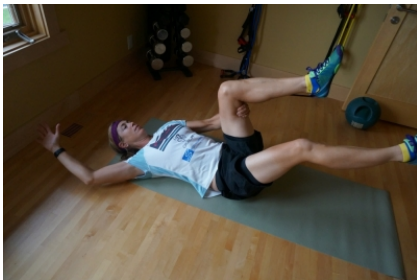
Abdominal Series #2 Dynamic

Lie supine and lift your thighs perpendicular to the floor, knees bent at a 90 degree angle. Place one hand on the front of the opposite thigh. Contract your abdominals (think of pulling your belly button to your spine).

Simulate a sprint whereby you are pushing down on the handlebar as you power through the pedal stroke. To do this, push down on the left thigh with your right hand as you forcefully flex your left hip. No motion should occur at the left hip. Abdominals must remain fully engaged to prevent any motion at the pelvis. Simultaneously, perform a cycling motion with your right leg. Alternate L-R-L-R 15 times.

Advance: bring opposite arm (left) overhead during cycling motion.

Repeat 15 Times
Hold 0 Seconds
Complete 1 Set
Perform 3 Time(s) a Week



Abdominal Series #3 Dynamic

Lie supine and lift your thighs perpendicular to the floor, knees bent at a 90 degree angle. Place left hand behind the respective thigh. Contract your abdominals (think of pulling your belly button to your spine).

Simulate a steep climb whereby you are pulling up on the handlebars as you power through the pedal stroke. To do this, pull up on the left thigh with your left hand as you forcefully extend your left hip towards the floor. No motion should occur at the left hip. Abdominals must remain fully engaged to prevent any motion at the pelvis. Simultaneously, perform a cycling motion with your right leg. Alternate right-left-right-left, repeat each leg 15 times.

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

Repeat 15 Times
Hold 0 Seconds
Complete 1 Set
Perform 3 Time(s) a Week