



Performance and Injury Prevention Program for Cyclists

Core Stability: Static engagement of your core during cycling creates a stable base from which your legs are able to work efficiently and perform maximally. Begin with core activation lying down/ standing/four point kneeling. Progress to exercises such as deadbug and bird dog before going on to the plank. Challenge yourself by using unstable surfaces. Maintain spinal alignment. For static core exercises hold for 10-60s and repeat 3-4x. For dynamic core exercises do 3 sets of 10-12 reps per leg. Quality over quantity.



Core Activation



Plank Variations



Mountain Climbers



Roll Out on Exercise Ball



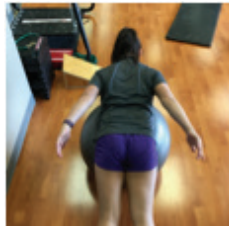
Mountain Climbers Variations on Exercise Ball



Scapular and Shoulder Stability: Similar to your core, the scapular muscles create a stable base for the arms to work from. Incorporate a combination of static and dynamic shoulder blade stabilization exercises. The core exercises above are also good ways to challenge the scapular stabilizers. 3 sets of 10-12 reps.



Scapular Push Up Variations



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Hip Stabilizers: Gluteus medius exercises help stabilize the pelvis and enables the gluteus maximus to work efficiently. 3 sets of 10-12 reps.



Clamshell



Prone hip abduction

Dynamic Muscles: Muscles working dynamically during pedal stroke include the gluteus maximus, hamstrings, quadriceps and calves. It is important to increase the tensile strength of these muscles to improve force production and reduce the risk of overuse injuries. 3 sets of 6-10 reps.



Bridge



Single Leg Bridge Variation



Bridge on Exercise Ball Variations



Dynamic Muscles: Continued



Hamstring Curl Double and Single Leg



Leg Extension



Squat



Step Up



Lateral Step Up



Single Leg Squat



Calf Raise Double and Single Leg

Mobility Exercises & Stretches: Tissue and joint mobility are key parts of your training for preventing tightness/stiffness from the postures cyclists endure. For stretches: go until you feel a stretch in the muscle, hold 30s and repeat 3x on each side. For mobilizations: go until you feel the joints are limited, repeat 10-15x. Do not go into pain.



Lev. Scap. Stretch



Trapezius Stretch



Wrist Flexor Stretch



Thoracic Spine Mobilization



Chest Stretch



Cat/Cow Spine Mobilization



Child Pose



Hip Flexor Stretch



Hip Flexor/Quad Stretch



Hamstring Stretch



Quad Stretch



IT Band Stretch



Calf Stretch



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