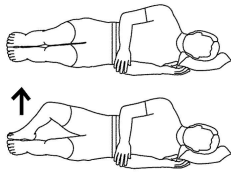


**Comment:**

These five exercises are excellent exercises to help prevent many of common weaknesses and imbalances found in cyclists that can lead to knee and back pain. This routine takes less than ten minutes and can be repeated four to five times per week. However, do not consider it a complete core routine on it's own. More, these are five good exercises that should be included in a complete core routine or used as a supplementary workout.

**Sidelying clam**



- Lie on right side with knees bent, feet together.
- Lift left knee upward.
- Lower and repeat.
- Once you've completed a set, repeat exercise lying on left side.

**Perform 1 set of 20 Repetitions, each side.**

**\*Seated Vastii Stabilizer**

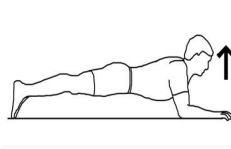


- Sit in a chair with back straight, feet on the ground, and knees at 90 degrees
- Push one foot into the floor and hold for 5 seconds.
- You should feel a contraction in your quadriceps muscles
- Relax and repeat with the other foot

**Perform 1 set of 10 Repetitions, each side (Alternate).**

Hold exercise for 5 Seconds.

**\*Horizontal Torso Hold**



- Lift up body on elbows and toes.
- Hold torso parallel to the ground.
- It is critical to maintain good form.
- Start with one minute and then lengthen as you get stronger but always stop if you can not hold good form.

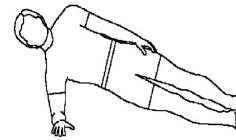
**Special Instructions:**

This hold can be made more difficult by pushing elbows further out.

**Perform 1 set of 1 Repetition, ..**

Hold exercise for 1 Minute.

**\*Side Bridge**



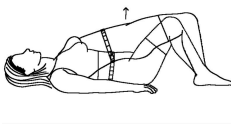
- Lie on floor on your side, forearm supporting upper body.
- Knees should be straight. Upper foot should be on floor
- in front of lower foot to neutralize the back
- Place free hand on hip as shown.
- Raise hips and thighs off floor until trunk and back are straight.
- Hold.
- Repeat exercise on other side.

**Special Instructions:**

Avoid spending time in lowered position as it puts strain on the lumbar region of the back

**Perform 2 sets of 30 Seconds, each side.**

**Bridge neutral**



- Lie on back, knees bent, arms at side, feet flat on floor.
- Begin in neutral spine and maintain position.
- Inhale and raise trunk upward as a single unit.
- Hold pose maintaining a neutral spine.
- Start with one minute and extend time as you get stronger.

**Perform 1 set of 1 Minute, ..**

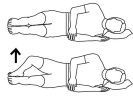




Hold exercise for 1 Minute.

**Issued By:** Trevor Connor

These exercises are to be used only under the direction of a licensed, qualified professional.

Workout Grid For:  
**Fast Talk Episode 59 Injury**  
 Exercise Name

Date:

Exercise Name	Date:																					
	Sets	Repetitions	Weight	Sets	Repetitions	Weight	Sets	Repetitions	Weight	Sets	Repetitions	Weight	Sets	Repetitions	Weight	Sets	Repetitions	Weight	Sets	Repetitions	Weight	
<b>1. Sidelying clam</b>  Perform 1 set of 20 Repetitions, each side.																						
<b>2. *Seated Vastii Stabilizer</b>  Perform 1 set of 10 Repetitions, each side (Alternate). Hold exercise for 5 Seconds.																						
<b>3. *Horizontal Torso Hold</b>  Perform 1 set of 1 Repetition, .. Hold exercise for 1 Minute.																						
<b>4. *Side Bridge</b>  Perform 2 sets of 30 Seconds, each side.																						
<b>5. Bridge neutral</b>  Perform 1 set of 1 Minute, .. Hold exercise for 1 Minute.																						