

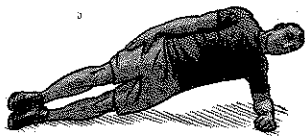
***Core Strength I**
THESE EXERCISES ENHANCE THE TYPES OF CORE STRENGTH REQUIRED FOR CYCLING

SIDE PLANK

3 reps; rest 1 minute between reps
You'll strengthen the muscles on your ribs, which you use when climbing.

1] Lie on your side with legs straight and spine aligned. Place your elbow directly under your shoulder for support.

2] Tightening your abdomen, lift your torso off the floor so your body forms a straight line. Hold for 30 to 60 seconds, then lower to the floor.

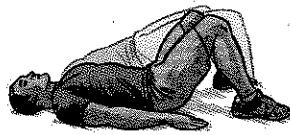


SUPINE BRIDGE

3 sets of 20 reps; rest 1 minute between sets
This movement works the abdominal area.

1] Lie on your back with your knees bent, feet flat on the floor and shoulder-width apart, toes pointing straight ahead and arms at your sides. Activate your core by bracing your stomach muscles—as if you were about to be punched in the gut—and squeezing your glutes.

2] Lift your hips off the floor so your body forms a straight line from knees to shoulders. Hold and slowly return your hips to the floor, touching down momentarily, then repeat. Your hips should remain even.

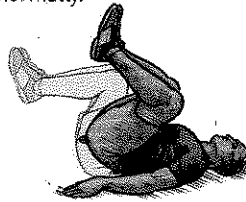


REVERSE CRUNCH

3 sets of 20 reps; rest 90 seconds between sets
Working your lower back creates a stable platform for your legs and prevents imbalances between your abs and back.

1] Lie on your back, thighs perpendicular to the floor, knees bent at 90 degrees.

2] Maintaining a 90-degree angle at the knee joint, bring your knees toward your chest. Pause, then return to the starting position. Continue at a controlled pace—don't cheat by rocking back and forth or swinging your legs—and concentrate on your lower abdomen throughout. Breathe normally.



PRONE COBRA

3 sets of 15 reps; rest 90 seconds between sets
This works the upper extensor muscles of the spine and counteracts the hunched-forward riding position.

1] Lie on your stomach with your arms at your sides, palms on the floor.

2] Tighten your glutes and slowly peel your upper body off the floor for five to 10 seconds, stopping when you feel tension. Pause, then slowly lower back down. Easier option: Perform the move with your hands resting on the back of your head and your stomach on top of a stability ball.

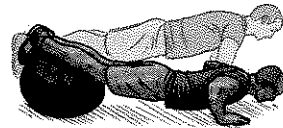


***Core Strength II**

THESE WORKOUTS PROVIDE MANY OF THE SAME BENEFITS OF THE WORKOUT ABOVE, BUT ARE SLIGHTLY LESS CYCLING-SPECIFIC. PERFORM 15 REPS OF EACH (EXCEPT PLANKS), REST ONE TO TWO MINUTES, THEN REPEAT THE SERIES.

BALL PUSH-UPS

Put your palms on the floor and rest your knees, shins or toes on a stability ball. Bend your elbows until they're in line with your shoulders. Push up.



BALL SQUATS

Place an exercise ball between your back and a wall. Squat until your knees are bent 90 degrees, then return to your starting position.



BALL LUNGES

Stand with your back to the ball and pick up your right foot, resting the top of it on the ball. Use your hamstring muscle to lower yourself, then push back up with your quads, hamstrings and glutes. Keep your knee behind the tip of your toe. Repeat with left foot.



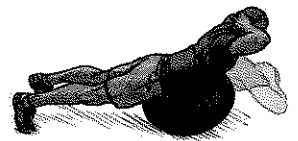
BALL SIT-UPS

Rest your back on the ball and slide your butt as far back on it as you can. Relax your neck and rest your fingertips on your temples. Keep your arms in line with your body. Focus on your abs as you sit up.



BALL BACK EXTENSIONS

Rest your stomach and hips against a stability ball, keeping your toes on the floor. With your hands behind your neck, drape yourself over the ball, then straighten your back, lifting your torso off the ball.



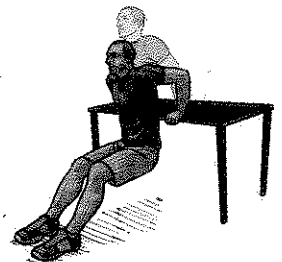
BALL OBLIQUE TWISTS

Sit on the stability ball and put your hands behind your head. Twist your right shoulder toward your left knee, then lower until your elbow touches your knee. Repeat on left side.



TRICEPS DIPS

Stand with your back to a table or chair. Rest your palms, fingers forward, on the table, and your feet flat on the floor. Bend your elbows to 90 degrees, then return to the starting position.



PLANK

Rest on your forearms and toes with your elbows under your shoulders and your abs tight. Hold the position as long as possible, using your abs to keep your body flat.

