

Exercises preparing for cycling: Home programme

Aim of this programme

When you want to start cycling, but you don't feel comfortable because of older age, lack of balance or any other reason, this exercise programme could help you improve the condition of your body and gain confidence to embark on your cycling journey. The programme takes about 10 min to perform and addresses different aspects of physical condition (mobility, balance, strength and coordination) which are needed in cycling. It can be repeated several times per day at home without any equipment. As soon as you feel ready, you can proceed to the next programme "In 10 steps to cycling" in which you will learn to ride safely and comfortably on your bike.

If you have difficulties with or questions about performing certain exercises, or you are in need of more personal coaching, please contact me:

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Success!

Mobility exercises for the neck and shoulders

- **Mobility of shoulder girdle:** sit straight on a chair without back support, engage your core, chin slightly tucked in, arms at sides or supported on thighs

➤ Roll your shoulders gently forward 10x and then backward 10x.

- **Mobility of neck:** sit straight on a chair without back support, engage your core, chin slightly tucked in, arms at sides or supported on thighs

➤ Turn your head slowly to the left and then to the right. Stay within your comfort zone and focus your attention on the spinal column of your neck. Feel the rotation movement within. The slower you perform the movement, the better. Repeat 5x.



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Mobility, strength and balance exercises for the legs and trunk

- **Step over:** stand straight, knees slightly bent, engage your core, look forward

- Lift up your right leg (bend your hip and knee) and put it sideways as if you would step over the frame of your bike. Do the same with your left leg and put it next to the right one. Do the same movement to the left. Repeat 10x.

- **Cycling movement with one leg:** stand straight, knees slightly bent, engage your core, look forward, if necessary take support with your hands on a chair in front of you

- Stand on one leg and make a forward cycling movement with the other one. Repeat 10x. Then do the same at the other side.

- **Squat on one leg:** stand straight, knees slightly bent, engage your core, look forward, if necessary take support with your hands on a chair in front of you

- Stand on one leg (lift up the other leg from the floor). Bend and extend your knee slightly up and down. Make sure you keep your trunk firmly upward. Repeat 10x. Then do the same at the other side.



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Coordination exercises

In this set of exercises we are going to walk up and down about 5m and gradually make it more challenging.

- Walk up and down

- Walk slowly up and down in a straight line, look forward, try to narrow your foot base as much as possible.

- Walk up and down, turn your head to the right and left

- Walk slowly up and down in a straight line, turn your head alternately to the right and left while walking, try to narrow your foot base as much as possible.

- Walk up and down, extend your arms to the right and left

- Walk slowly up and down in a straight line, extend your arms alternately to the right and left (as if you would indicate a change of direction on your bike), try to narrow your foot base as much as possible.

- Walk up and down, turn your head and extend your arm at the same side

- Walk slowly up and down in a straight line, turn your head and lift your arm at the same side, alternately to the left and to the right, try to narrow your foot base as much as possible.

- Walk up and down, turn your head and extend your arm at the opposite side

- Walk slowly up and down in a straight line, turn your head to the left and lift your arm to the right, then do the same to the other side, repeat alternately, try to narrow your foot base as much as possible.



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