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BODY AWARENESS

CYCLING PHYSIO



Spring is finally here. Now is the time you think about cycling outdoors and taking in the fresh air, sunshine and warmer weather. Some of you may have been training indoors during the winter, doing spinning classes or computraining or riding a stationary bike at the gym. Exercising indoors keeps you fit and strong in preparation for the outdoor season. Riding a bike outside is similar, but different. The biggest change is balance. When you are on a stationary bike, it is just that, stationary. Outdoors you wobble, move with turns and need to be aware of the post winter nightmares, potholes, cracks and bumps in the roads.

To adjust for the change, it is a good idea to practice balance exercises. One of the best ways to incorporate

balance and leg strength is the single leg squat. This exercise is excellent for biking, because it isolates one leg at a time and forces you to keep your core stable while you are squatting. This will ultimately give you strength and balance capabilities while seated on the bike, but is even more essential while you stand to climb hills.

SQUAT FOR BALANCE AND STRENGTH



Stand on one leg. Draw your abdominals in. Do not hold onto anything. Ensure that your posture is good, no round shoulders. Maintain a slight arch in your back. Do 10 slow squats.

Add up to 2 sets when you progress. No pain is allowed.

Don't have time to do single leg squats? To incorporate balance in your day to day life, try picking up a penny from the floor while standing on one leg. The lucky penny (expiring soon) will help you ride like a pro!



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