Cyclist Mobility and Muscle Balance Videos

The following 15 short videos make up a general programme of exercises to be done at home They will help balance muscles for cycling performance and injury prevention.
Best done daily but a minimum of three times a week is also beneficial. Spend 2 minutes on each side or body part for the foam rolling exercises (ie 1 to 5). Complete 10 on each side or exercise for the remainder (ie 6 to 15).
These are generic to cover general needs of any cyclist. However if you have questions, require something more specific or want to work on performance or strength then please contact Thomas Rutter directly via Facebook or e mail him on tommyrutter@gmail.com.

1. **Foam Roll Thoracic Spine**: (from the bottom of your cervical spine to the top of your lumber spine). Exercise used to mobilise the rib cage that gets locked down due to poor posture (kyphosis).

2. **Foam Roll Glute Medius**: (external rotator of your hip) a muscle that becomes inhibited due to the amount of time we spend sitting on it. Need muscle to work so that we don't get valgus forces acting on the knee, which can lead to complications.

3. **Foam Roll TFL**: Tensor Fasciae Latea (an external rotator or internal rotator of the hip depending on the angle of the knee) Another muscle that can become over tight due to muscle imbalance especially if the Gluteus Medius is inhibited. The TFL is attached to the dreaded IT band which is known to cause problems of the knee if overly pulled on by the TFL.

4. **Foam Roll Quadraceps**: Quadriceps can become over tight due to the nature of cycling and the lack of balance in the antagonist muscles the Hamstrings.

5. **Foam Roll Hamstrings**: Hamstrings inhibited due to the highly dominant anterior muscles during cycling. This exercise will get the blood flowing to the muscles in preparation for activation.

6. **Inch Worm Complex**: Central Nervous System. A spinal and central nervous system switch on to prep before stretching. Also the specialist flexion pattern of the spine during cycling means the nerves don't work as well and this exercise helps release the tethering.

7. **Thoracic Windmills**: Thoracic Spine, becomes immobile due to the position presented in cycling. This exercise helps to mobilise thoracic spine in rotation.

8. **Cat Camels:** Spinal mobiliser. Helps to get function and health in the spine, also good for hip and shoulder girdle awareness. Working the spine in flexion and extension.

9. **Iron Cross**: Thoracic Spine working on mobility of the upper back from the hips up.

10. **Creepy Crawlies**: Psoas and Gluteus Maximus. Psoas becomes overly tight due to the lack of extension movement patterns during cycling.

11. **90/90 Hips**: Internal and external rotators of the hip complex. Cycling is an activity that is heavily done in the sagital plane and this one dimensional movement can help turn off the rotational movements of the hips. If we don't work on these movements we loose them and this in the long term can lead to arthirits.

12. **Quadruped Superman**: Posterior chain, working on the Gluteus Maximus as the primary extensor of the hip and also the muscles in the posterior part of the shoulder girdle. This exercise also works on anti rotation of the core by working on the posterior oblique sling.

13. **Straight Leg 45 Hamstring Extension**: Hamstrings are a group of muscles that rarely gets used in cycling due to the lack of full hip extension. This muscle can become weak and then injuries occur due to fatigue. Need to switch on these muscles to help the balance of muscle between agonist and antagonist.

14. **90 Cobras**: Mid and lower trapezius, cyclist often become overly developed in the upper trapezius due to the highly flexed position of the thoracic spine in an aero position. This exercise helps to switch on the lower part of the muscle to create a more healthy shoulder girdle.
15. **Mini Band Monster Walk**: Gluteus Medius external rotator of the hip needed to help the knee track in the right plane of movement during cycling