

Corrective Program

Instruction example:

As a cyclist your back line (calves, hamstrings, glutes, butt muscles, lower back) must be flexible so you can achieve a deep position on the bike, for power and reeducation of pressure in lower back. If you don't have good flexibility in these areas, you need to stretch them. Therefore, choose a stretch from stretches titled: calf, hamstrings, gluts, lower back.

You don't have to do all these stretches, just what you are tight in.

Same for the stability exercises; get to know your body, work out where you are not stable then do the stability exercises you need.

Test (try this): Stand on one leg and do a small sitting action. If you can't keep your hips level you need to do one of the exercise with the heading "Hips".

Ok have fun and get to know your body.

Stretching

Feet Ankles Calves 1



- # stand with the balls of your feet balance on edge or step
- # Lower your heels towards the floor until full stretch

Down 5 sec

Up 1 sec

x10

Hamstrings 2.1

Hamstrings



- # place heel of foot on chair
- # rotate hips forward
- # small bent in knee
- # flex forwards taking chest towards knee
- # keep back straight

Hamstrings 2.2

Push and pull hamstring



- # Place towel around foot
- # Pull leg towards head with, small bend in knee, till you reach a full stretch.
- # Push against towel (60-70% of power contraction) for 2 sec
- # Pull on towel taking hamstring to full stretch
- # hold 10 sec and repeat push pull 4 times

Note: try and increase stretch/rang

Hamstrings and Glutes 3



Take 1 leg behind
Turn hips and stretch towards back foot
Hold 10 sec



Breath release stretch by 10%
Then go deeper into stretch repeat 4 times

Glutes 4.1

Gluts



- 1) Lie on your back with left leg crossed over your right knee.
- 2) Pull your right knee towards you until you achieve a full stretch in gluts

Hold 30-45sec

Glutes 4.2



- # Left leg in front, knee rotated out bent at 90 deg foot in middle line
 - # keep back straight
 - # take upper chest (not head first) towards knee
- Hold 10 sec
Breath release stretch by 10%
Then go deeper into stretch repeat 4 times

Quads 5



First take foot to bottom hold 30sec



- Then lunge position hold 10 sec
Breath release stretch by 10%
Go deeper into stretch, repeat 4 times

Hip flexors 6.1



- # place foot on table
 - # make sure front foot is far enough forward so when you bend knee it does not track over toe.
 - # tuck hips forward keeping spine in neutral position
 - # bend knee until you feel stretch in hip
- Hold 30-45 sec

Hip flexors 6.2



- # lie on back
- # pull one knee to chest to help keep spine neutral
- # allow leg to hang stretching through hip
- # you need to hold this 1-2 mins

Lower back 7.1



- # lie on Back with legs extended
- # Flex one knee, raise it to your chest, grasp's it with opposites hand
- # Pull your Knee across body to the floor
- # Keep your elbows shoulders head flat on floor
- # look opposite direction to leg being rotated
- Hold 30-45 sec

Lower back 7.2



- # Place hand behind bent knees
- #keep your feet flat on ground
- #Straight your knees until you feel stretch
- In back upper and lower
- Hold 30 sec

Front line 8



- # sit onto ball
- # roll the bottom down ball
- # lie back until you achieve a stretch from chest to upper legs
- Hold 45sec-1min

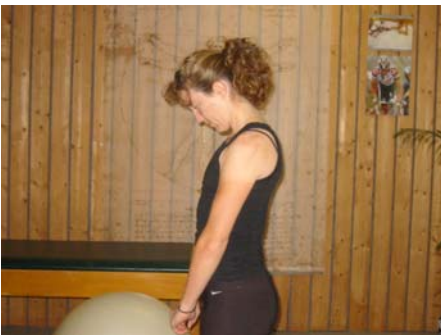
Caution when coming out of this stretch, contract abdominals, bend knees and slowly roll up ball.

Shoulder 9



- Arm on wall
- Open up through chest
- Twist body away from wall
- To increase stretch turn head away from wall

Neck 10



- # Place hands in front rounding out through shoulders
- # drop chin towards chest
- # draw chin back until you feel a stretch in neck
- Caution if you feel any pain, do not carry on with this stretch
- Hold 30sec

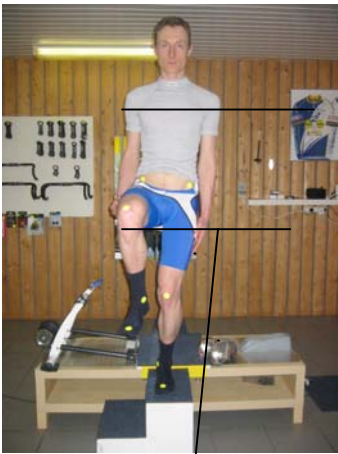
Stability

Hip 10.1



1. back into table
 2. roll up through hip
 3. use glutes to lift hips
 4. lift 1 leg make action like on bike
- KEEP HIPs STILL
8 extensions L/R rest repeat 3 times

Hip 10.2



1st level

Knee in flexion

Stand tall, hips level, knee track inline v 2 toe, be able to see toes at all times.

10 left

10 right x 2 sets



2nd level

Same as 1 but with leg long

Small correct movements to start with working until full squat

But position and body alignment must be correct

Hip 10.3



Start position stretch hold body
Bend forwards
Squat down 8 times left and right x 2



Squat position
Knee must be flexed

Lower back 11.1



Stand tall
Place finger on stomach and draw
the muscles away from finger. Hold
this for the complete exercise.
Keep hips level.
Move leg back forwards and
backwards to full range with control
of stomach and hips
Stand on
10 left
10 right
10 left x 2 sets

Lower back 11.1

a think punch in stomach



b stretch pull all the way forwards



Roll up

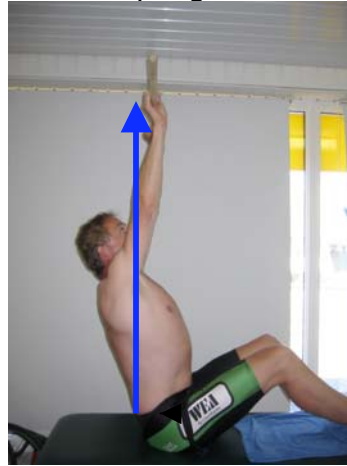
Knees bent roll away breathe out,
keep feet on ground

Sit up hands above head

Work on movement of spine

DO NOT WORK THROUGH PAIN

Stretch up high, back straight



Lower back 11.2



Point LEFT hand AND RIGHT leg
then RIGHT hand LEFT leg
Keep abs lifted slow and controlled
movements

**6x3 sets stretch back in
between stretch**

Stomach side 12



Oblique Lift, Aim: control of lower back and provide support to the hips , rib cage and shoulder stability:

1. lie on side with body extend as in photo
2. squeeze glutes and abdominals
3. keeping hip stabile (do not allow hips to roll back or forwards)
4. lift body in one complete unit, hold for 2 sec
5. lower body as one unit almost to ground 6-10 times
6. rest and repeat set 3 times

Stomach 13



On back, HEELS must go towards roof at all times

- Lift head, eyes look towards knee
Sit up, breathe in, take shoulder to knee, breathe out
Same on other side
Roll down
10x2

Core 14



1. lie on side
 2. keep body long
 3. lift hips off ground
 4. keep shoulder open
 5. lift up and down 10 times
- 10x 2 set left and right

Shoulder 15



1. start in push up position
2. extend 1 arm hold 5 second
3. 5 times left
4. 5 times right (swap arms total 10)