

PILATES TO ENHANCE YOUR SPINNING® TRAINING

SINGLE LEG STRETCH

Benefits: Abdominal strengthening, spinal and hamstring flexibility. Specifically for the cyclist, teaches stability and control of the torso with reciprocal movement of the limbs in a flexed position as on the bike. Also teaches neutral alignment of the hips to assist with hip, knee and toe alignment on the bike.

Setup: Lie on your back with your spine in neutral. Lift one leg at a time to the tabletop position (ninety degrees of hip and knee flexion).

Movement: Curl your head and shoulders up as you draw one leg toward your chest. Extend the other leg out from the hip, while keeping your shoulders curled off of the floor. Alternate your legs in and out, never allowing your feet to cross through the midline of your body. Use your hands to guide your legs without pulling on them. For example, if your right leg is drawn to your chest, place your left hand on the inside of your knee, and your right hand on the outside of your ankle.

Breathing: Inhale on one leg and exhale as you switch.

Variation: The hand placement on the legs can vary as needed to guide the legs.

Repetitions: 5 to 8

Cues: Keep the torso still as the legs switch. Reach through the crown of the head as the spine flexes. Keep the navel to the spine. Keep the elbows lifted and the shoulder blades down the back.



For more information,
visit www.spinning.com.

SINGLE LEG KICK

Benefits: Strengthens the muscles of the back, hamstrings and buttocks. Increases the flexibility of the hips, shoulders and chest. Specifically for the cyclist, provides much-needed extension to the spine and hips taking stress off of the intervertebral discs and increasing the length of the hip flexors and iliotibial band. Opens the chest and strengthens the upper back and neck.

Setup: Lie face down, resting the weight of your upper body on your forearms. Align your elbows directly beneath your shoulders, and keep your hands directly in front of your elbows on the mat. Lift your chest and abdominals away from the mat as you press into your elbows and forearms. Press your pubic bone into the mat and draw your thighs together.

Movement: While keeping your upper torso stable, kick your right heel toward your right buttock with a double pulse. Extend your right leg and then kick your left heel toward your left buttock. Alternate your legs up and down, reaching each one along the floor as it descends.

Breathing: Inhale for two kicks and exhale for two.

Repetitions: 3 to 5

Cues: Keep your abdominals lifted away from the floor as you kick. Do not allow the back to sag. Keep your head in line with your spine. Keep the shoulders down the back. Limit the range of motion of the legs if spinal stability is lost.

Precaution: This exercise may cause knee discomfort in those with knee problems or iliotibial band tightness. With these problems the upper torso may be lowered to the floor with the head turned to one side.

