

**ADAPT**

# Indoor Cycling



9923 Southwest Arctic Drive | Beaverton, Oregon 97005  
[www.adaptraining.com](http://www.adaptraining.com) | [info@adaptraining.com](mailto:info@adaptraining.com) | **503.646.8482**

**CLASS CHECK LIST OF WHAT TO BRING**

- ▶ Yourself ready to workout
- ▶ A CLEAN Bike with a slick rear tire.
- ▶ Make sure your rear tire has good air pressure. Note that riding a stationary trainer will wear out your rear tire faster than riding on the road. After long periods of trainer riding check your tire for wear. If you have one, use an old tire for trainer workouts.
- ▶ Stationary Trainer and front wheel riser / block. I really like the Cycleops fluid trainer or the Kurt Kinetic. Both of these trainers are stable, smooth, quiet and have a good mechanism for fastening the bike to the trainer. If your trainer came with a specific skewer, I recommend using it. It will hold your bike more securely to the trainer. A front wheel riser / block will elevate your front wheel to match your back wheel so you will be riding on the flat, and not downhill.
- ▶ Small towel for handlebars, and if you know you are a “sweater” then bring an extra towel to put on the floor. This will help keep the workout room clean (and we thank you for it).
- ▶ Sports Drink. These indoor workouts will make you sweat and you need to make sure you are replacing the lost fluid and electrolytes. This will help keep your body performing optimally and will help with post workout recovery too. For short workouts like these trainer workouts I really like Nuun tablets that deliver the electrolytes without the added calories.
- ▶ Bike shorts, wicking top, socks and cycling shoes.
- ▶ Heart Rate monitor if you use one (not a necessity)
- ▶ I recommend taking two trips to your car to get your “stuff”. Trying to carry your bike, shoes, and trainer all at the same time can be quite a handful.

**BIKE MAINTENANCE**

- ▶ Tire wear. Don't wait for a series of flat tires before you replace them.
- ▶ Check to make sure your wheels are true. When you spin the wheels you don't want to see any wobbles.
- ▶ Check the wear of brake pads and braking surface on the wheel.
- ▶ Replace brake and shifting cables and housing especially if it is becoming increasingly difficult to shift and brake.
- ▶ Replace chain once a year. Over time chains stretch. This will wear out the cogs. It is cheaper to replace chains than cogs!
- ▶ Degrease chain and cassette, and re-apply lube.

continue on next page....

**BODY MAINTENANCE:**

**To access & print the handbook online, go to: [adapttraining.com/cycling](http://adapttraining.com/cycling)**

*The exercise supplements included in the online handbook are designed to enhance your cycling efficiency.*

**SUGGESTED USE:**

**ACTIVATION SUPPLEMENT** is designed to prepare your muscular system for ideal movement.

- ▶ Before training class (first repetition, 3x through entire sequence)
- ▶ After training class (second repetition, 1x through entire sequence)

**CYCLING SUPPLEMENT** is designed to account for the specific physical positions used for cycling.

- ▶ Before training rides (first repetition, 2x through entire sequence)
- ▶ After training rides (second repetition, 1x through entire sequence)

**RANGE OF MOTION SUPPLEMENT** is designed to increase connective tissue length and balance opposing muscular groups.

- ▶ When used on non riding days (perform entire routine 3x)
- ▶ When used as a PM routine before going to sleep (perform entire routine 1x)

***Please consult an ADAPT certified trainer to make any modifications to the use of these supplements or the creation of additional programs.***

**Elbow Curls                    10x    30x**

On knees, place knuckles on your temples with thumbs pointing down. Spread elbows wide apart pinching shoulder blades together, then bring elbows back together.

**Arm Circles                    25x each direction                    50x each direction**

Stand with feet at hip-width and toes pointing forward. Stretch arms straight out from shoulders, parallel to the floor with shoulder blades pinched together. With thumbs pointing forward and palms down, make 12-inch forward circles with arms. Point thumbs backwards, turn palms up, and make backward circles.

**Reverse Pullovers            10x    30x**

Standing with feet hip width, tighten quads and interlace the fingers behind the glutes. Keeping arms straight, pull hands and arms as high as possible and lower back to starting position. Repeat.

**Spread Foot Glides        20x    60x**

Stand with legs spread as wide as is comfortable, toes pointing forward, thighs tight, and back flat. Bend forward at the waist resting hands on the floor (or a bench) and alternate bending one leg while straightening the other. Glide side to side at the same height while keeping weight in the middle.

**Standing Stork Walk        20x    60x**

Stand with hands behind head and lift left knee up to form a 90 degree angle. Alternate legs.

**Static Lunge                    5x each leg                                    20x each leg**

Stand with hands down by sides. Step forward so that the right leg is out in front and left leg back behind you. Bend both knees allowing the left leg to drop towards the floor without letting you knee extend past your ankle. Straighten back up and repeat with the opposite leg.

**Standing Quad                :30 sec each leg                            1 min each leg**

Stand on left leg beside a chair or wall for support. Bend the right leg up behind you and take hold of your foot. Keeping knees even and hips square, squeeze right glute and press right hip slightly forward. Hold, then switch legs and repeat.

**Downward Dog                :30 sec    2 min**

On hands and knees, with hands in front of and slightly wider than shoulders, knees under hips and toes curled under feet. Straighten legs by lifting knees off the floor, pressing heels towards the floor and lifting hips towards the sky; keep thighs tight and press chest toward legs and hold.

**Roller Coasters                5x    20x**

On hands and knees, straighten legs by lifting knees off the floor, pressing heels toward the floor and lifting hips towards the sky. Bend arms and lower face toward the floor while dropping hips toward the floor and finally pressing arms straight and looking up at the sky. Return to original position and repeat.

**Full Squats                    5x    20x**

Stand with feet directly under hips and toes pointing forward. Place hands behind head and pinch shoulder blades together. Without letting heels come off the floor, squat down as far as is comfortable and back up. Repeat.

***Before training class (first repetition, 3x through entire sequence)  
After training class (second repetition, 1x through entire sequence)***

**Air Bench Clappers                      20x                      75x**

Stand with back against a wall, knees and ankles at hip width. Keeping back against the wall lower yourself into a sitting position against the wall so that knees are at 90 degrees and thighs are parallel with the floor; keeping weight in heels lightly press lower back into the wall. Make sure that your knees do not go out past ankles. Place both arms flat on wall straight out from sides at shoulder level. Keeping arms straight press the backs of both hands into the wall, then bring arms together and squeeze palms together in front of chest; repeat back and forth.

**Shoulder Bridge Pullovers              20x                      50x**

Laying on back with knees bent and feet on the floor, squeeze glutes and press hips and back off floor and hold; concentrate on squeezing glutes and keeping back relaxed. In this position extend arms above chest and interlace fingers. Keeping arms straight lower hands toward the floor above your head as far as is comfortable then pull them back toward your waist; repeat back and forth.

**Dog Push-ups                              10x                      30x**

Start on hands and knees, hands in front and slightly wider than shoulders, and knees directly under hips. Keeping back arched downward, bend arms, and lower your face toward the floor between your hands then press back up. Repeat.

**Kneeling Bridge                            :30 sec                      1 min**

On knees with knees directly under hips and toes under feet, grab heels with hands so that thumbs are inside of heels, squeeze glutes and push hips forward into the air and hold.

**Fire Hydrants                              10x each leg    50x each leg**

On hands and knees, keeping right knee and hip bent at 90 degrees lift right leg up and out to the side and back down; repeat up and down. Switch sides and repeat with left leg.)

**Downward Dog                            :30 sec                      1 min**

On hands and knees, with hands in front of and slightly wider than shoulders, knees under hips and toes curled under feet. Straighten legs by lifting knees off the floor, pressing heels towards the floor and lifting hips towards the sky; keep thighs tight and press chest toward legs and hold.

**Full Squats                                 5x                              20x**

Standing with feet directly under hips and toes pointing forward. Place hands behind head and pinch shoulder blades together. Without letting heels come off the floor, squat down as far as is comfortable and back up; repeat up and down.

***Before training rides (first repetition, 2x through entire sequence)  
After training rides (second repetition, 1x through entire sequence)***

**Standing Stork Walk 60x**

Stand with hands behind head and lift left knee up to form a 90-degree angle. Alternate legs.

**Spread Foot Arm Circles 50x each direction**

Stand with feet as wide as possible and toes pointing forward. Stretch arms straight out from shoulders, parallel to the floor with shoulder blades pinched together. With thumbs pointing forward and palms down, make 12-inch forward circles with arms. Point thumbs backwards, turn palms up, and make backward circles.

**Static Lunge Holds 1 min**

Stand with right leg out in front and left leg back behind you. Bend both knees allowing the left leg to drop a few inches. Hold, then switch legs and repeat.

**Cats & Dogs 10x**

On hands and knees, with hands under shoulders and knees under hips, arch back up as high as you can and drop chin toward your chest. Raise head up and back, and arch lower back downwards. Repeat.

**Repeat last 4 exercises up to 3x****Hero Leans 20x**

Kneel with knees and feet at hip width and palms on lower back, fingers pointing down. Keeping stomach and back tight and straight, lean back as far as is comfortable. Do not arch back. Return to kneeling position and repeat.

**Spread Foot Forward Bend 1 min**

Stand with legs spread wide apart, toes pointed forward, thighs tight, and back flat. Bend forward at the waist, rest palms on the floor directly in front of you and hold.

**Full Squats 10x**

Stand with feet directly under hips and toes pointing forward. With hands behind head and shoulder blades pinched together, squat down as low as is comfortable without lifting heels off the floor.

**Cats & Dogs 10x**

On hands and knees, with hands under shoulders and knees under hips, arch back up as high as you can and drop chin toward your chest. Raise head up and back, and arch lower back downwards. Repeat.

**Repeat last 4 exercises up to 3x****Standing Rotational Stork Walk 60x**

Stand with hands behind head and feet at hip-width. Lift left knee up to 90 degrees, then swing it out to the left side. In one fluid motion, swing knee back in front of you, keeping foot under knee while lowering it to the floor. Repeat with right leg.

**Supine Diva 1 min each side**

Sit on the floor with soles of feet together and lower back arched. Let knees relax and fall toward the floor. Shift position so that the inside of the right leg lies against the floor, the right foot is behind you, and the sole of the left foot is touching the right thigh. Lower yourself onto your back, allowing the right knee to lift off the floor. Squeeze the right glute and hold. Switch legs and repeat.

**Active Cobra Floor Clock 60x each position**

Lie on stomach with forehead resting on floor. Bend knees and spread wide apart, then press soles of the feet together. Start with arms in the 12 o'clock position—straight above your head, flat against the floor, and thumbs pointing up. In this position, press soles of feet together then relax. Repeat with arms in the 10-2 and 9-3 floor-clock positions.

*continue on next page....*

**Supine Calf/Hamstring Stretch 1 min each leg**

Lie on back with left leg bent and foot flat on the floor. Fit one end of a strap around the ball of your right foot and hold the other end with your hand. Straighten your right leg, tighten your thigh, and pull the leg as far toward you as comfortable. Hold. Switch legs and repeat.

**Repeat last 4 exercises up to 3x**

**Airbench**

**2:00**

*When used on non riding days (perform entire routine 3x)*

*When used as a PM routine before going to sleep (perform entire routine 1x)*



For the Body Nature Intended

**FOR ANY QUESTIONS REGARDING THIS BOOKLET OR  
ANY OTHER TRAINING INFORMATION, PLEASE CONTACT**

**SCOTT BROWN**

scottb@adapttraining.com

**503.646.8482**

9923 Southwest Arctic Drive  
Beaverton, Oregon 97005

AdaptTraining.com



Coaching & Consulting Service for Triathletes, Cyclists & Runners

**FOR ANY QUESTIONS REGARDING  
CYCLING SPECIFIC INFORMATION**

**JULIE BROWNING**

julie@breakawaytrainingonline.com

**503.913.1671**

BreakawayTrainingOnline.com