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## IMPROVE YOUR STRENGTH ON THE BIKE

The following exercises—popular in yoga—will improve your dynamic flexibility and cycling-specific strength. As a bonus, they will also enhance your balance on the bike.



### DOWN DOG

Get down on the floor on your hands and knees with your hips and your hands slightly forward of your shoulders.

Turn your toes under. Push up and slightly back with your arms and shoulders, while pushing your buttocks up and slightly back. At first keep the knees slightly bent and the heels lifted slightly off the floor. Then push the tops of your legs back and stretch your heels onto or close to the floor.



### UP DOG

Lie prone with the tops of your feet on the floor. Bend your elbows and spread your palms on the floor

beside your waist so that your forearms are relatively perpendicular to the floor. Straighten your arms and simultaneously lift your torso up, concentrating on pushing forward with your chest, and keep your legs a few inches off the floor.

Slightly arch the back and look towards the ceiling. Hold for 10 seconds, then release the position and repeat.



Remember to breathe.



These exercises come courtesy of **Gregory Florez**, a spokesperson with the American Council on Exercise (ACE) and president and CEO of health coaching service *FitAdvisor.com*. These exercises and many more can be found in the ACE exercise library, available at [www.acefitness.org](http://www.acefitness.org).