



# Schwinn® Cycling: Balancing Act – The Art of True Cycling Fusion

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Description: At Schwinn, we #RideRight. To ride right you must train right by incorporating exercise protocols that balance out the riding position. Uncover a variety of cycling fusion formats including yoga, barre, strength and core to ride right & train right. You can have it all and Schwinn will show you how.

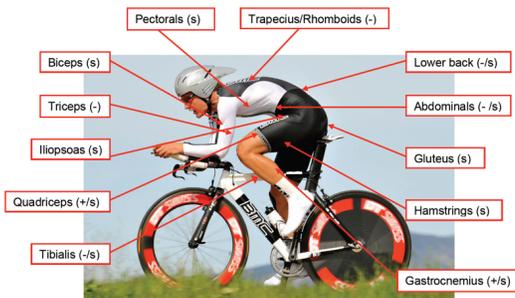
## Why is it important to balance cycling with other activities?

1. Foundational Fitness Components: cycle cardio only
2. Biomechanics: Repetitive activity in a limited range of motion
3. Function: functional movement requires movement in all planes of motions that mimic prime movement patterns
4. Loaded Movement: cycling is an open chain exercise

**The Balancing Act:** what do cyclist need to have a balanced workout plan

How to choose exercises from a variety of disciplines to balance cyclist training.

1. Add strength, mobility and stability exercises from a variety of disciplines
2. Choose exercises that counteract the biomechanical stresses of cycling



(-) = too weak; (+) = too strong; (s) = too short

3. Incorporate Functional Movements
  - Planes of motions: Sagittal, Frontal, Transverse
  - Rotational movements
4. Loaded Movement
  - Closed chain verses open chain exercise
  - Impact for bone health

## Movement to Complement Cycling

| Mobility  | Stability           | Strength                          |
|---|---------------------|-----------------------------------|
| Knee extension  | Foot and ankle      | Lower body                        |
| Hip extension, rotation                                   | Pelvis and low back | Trunk integration                 |
| Spinal articulation, extension, rotation, lateral flexion | Scapulothoracic     | Upper back and posterior shoulder |

|   |                |              |
|---|----------------|--------------|
| Shoulder extension, horizontal abduction, circumduction | Cervical spine | Neck flexors |
|---|----------------|--------------|

How to design a balanced Cycling Fusion Format?

1. Choose the exercises missing in cycling
2. Prioritize the exercises based on biomechanical stresses, range of motion and function
3. Build exercise delivery based on time, space and equipment available

How will a variety of activities benefit cyclist?

| Sample Activity | Biomechanical Stresses                              | Range of Motion   | Functional Movements                     |
|-----------------|---|---|--|
| Yoga            | Warrior poses<br>Locust pose                        | Supine leg series<br>Low lunge                                      | Down dog to up dog<br>Single leg balance |
| Pilates         | Ab prep<br>Basic back extension                     | Kneeling cat/cow<br>Supine spinal rotation                          | Side bend<br>Back plank                  |
| Barre           | Hip extension<br>Internal/ external rotation of hip | Pelvic rocks<br>Shoulder circumduction                              | Upright squat/ plie<br>Curtsey squat     |
| Strength        | Reverse fly<br>Hip extension                        | Dynamic lateral lunge<br>Shoulder diagonal abduction, halo, circles | Lateral lunge<br>Side plank              |

**Cycling Fusion Formats:**

1. Ride and Train
2. Train and Ride
3. Interval the ride and the training

Sample Cycling Fusion Workouts/ Class Design

20-30 minute ride followed by 10 minute samplers of each activity

1. Barre
2. Yoga
3. Pilates/ core
4. Strength