

BREAKSPEARE CLINICS Personal Exercise Programme

Exercises for Cycling

Breakspeare Clinic- Milton-Under-Wychwood
Breakspeare Clinic- Cheltenham
Breakspeare Clinic- Didcot

Provided by Scott Phillips
Provided for
Training start date 01/04/2025



Bridge with Arms Crossed

Start by lying on your back with your legs bent and feet flat on the floor. Cross your arms over your chest.



Lift your buttocks off the floor and straighten your hips. Return to the starting position.

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Repetitions 10 /set

Sets 3

Times/week 3 - 4 times



Mini Band Resisted Sidelying Clam Shell

Start in side lying with your legs bent and a mini band around your thighs, close to your knees. Slightly lift your side off the floor.



Lift and rotate the upper knee upwards. Keep your feet together and pelvis pointing straight forward. Feel the tension in your buttocks. Lower the leg back to the starting position.

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Repetitions 8 /set

Sets 3

Times/week 3 - 4 times



Quadrupedal Trunk Dynamic Stretch with Rotation

On your hands and knees, hands under your shoulders and knees under your hips. Spine in neutral position.

Reach one arm under the other armpit and against the floor and allow your thoracic spine to rotate. Then bring the arm back and reach to the other direction, towards the ceiling. Increase the chest opening by pressing through your hand on the floor.

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Repetitions 10 /set

Sets 3

Times/week 3 - 4 times



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Standing Calf Raise

Stand tall, with feet hip-width apart, weight evenly on both feet. Toes and knees pointing forwards.

Rise onto your toes in the direction of your second toe. In a controlled manner return to the starting position.

Note: Avoid shifting the weight towards the outer side of your forefoot during heel raise.

Repetitions 8 /set

Sets 3

Times/week 3 - 4 times
