



Level One - Bike Drills on the Stand

Step One: Gear up with your boots, knee braces (if you wear them) and your race pants

Step Two: Place your bike on a bike stand with both wheels off the ground and the stand dead center under the bike.

Note: The bike should sit stable on the bike stand with both wheels off the ground

Set #1: Stand Up | Sit Down

Misc. Notes:

- Over 2 to 3 seconds, slowly stand up while squeezing the bike with your knees from standing up until your knees are just slightly bent (refrain from locking the knees out)
- Pause for two seconds
- Over 2 to 3 seconds, slowly go back to your seated position with both feet on the pegs (boots on the balls of your feet). Pause 1 second – Repeat

Number of repetitions: 25

Rest Interval: 30 seconds

Number of sets: 4

Set #2: Stand Up | Sit Down | Turn Left

Misc. Notes:

- Over 2 to 3 seconds, slowly stand up while squeezing the bike with your knees from standing up until your knees are just slightly bent (refrain from locking the knees out)
- Pause for two seconds
- Over 2 to 3 seconds, slowly go back to your seated position with the right leg squeezing the bike and the boot on the toes of the right peg and the left leg transitioning to an extended position as if turning left.
- Pause with the left foot extended, toes slightly turned inward for 1 second
- Over 2 to 3 seconds, slowly stand up and pull the left leg back to the peg without letting your inner thigh leave the shroud-tank until the foot is placed back on the peg on the toes
Repeat

Number of repetitions: 25

Rest Interval: 30 seconds

Number of sets: 4

Set #3: Stand Up | Sit Down | Turn Right

Misc. Notes: same notes as Set #2-Turn Left focusing on your right leg