



Level Three - 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 at the back of the frame so that the bike is rocking back and forth on the edge of the stand.

Note: The further back on the bottom of the frame, the more advanced and difficult the drill

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)
- Goal is to stand up without either wheel touching the ground
- Pause for 2 seconds
- Once in a standing position, 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).
- Goal is to sit down without either wheel touching the ground
- Pause for 2 seconds
- 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)
- Goal is to stand up without either wheel touching the ground
- Pause for 2 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 turned inward for 2 seconds
- 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
- Pause for 2 seconds
- 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