



## Level Four - 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:

- Sit comfortably on the bike in your correct seated position
- Close your eyes and make sure your knees are tight against the tank
- With your **eyes closed**, 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)
- Your goal is to not let either the front or the back wheel touch the ground
- Pause for 2 seconds
- With your **eyes closed**, 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) without letting either wheel touch the ground
- Your goal is to not let either the front or the back wheel touch the ground
- Pause for 2 seconds
- Repeat

**Number of repetitions:** 15

**Rest Interval:** 30 seconds

**Number of sets:** 4

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

#### Misc. Notes:

- Sit comfortably on the bike in your correct seated position
- Close your eyes and make sure your knees are tight against the tank
- With your **eyes closed**, 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)
- Your goal is to not let either the front or the back wheel touch the ground
- Pause for 2 seconds
- With your **eyes closed**, 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
- With your **eyes closed**, 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:** 15

**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