

Bicycle Maneuver

Equipment Needed: Floor Mat

Start at this Position:

- Lie with your back on the mat, feet flat on the floor, and legs slightly apart.
- Lift your legs and position them at a 90-degree angle to the floor. *Refer to Start Position.*
- Bring your hands behind your head. Elbows are outward and relaxed.
- Using your abdominals, lift your head to create a tennis-ball-sized gap between your chin and chest.
- Keep the small of your back in contact with the mat and keep your head aligned with your spine.

Steps to Performing the Exercise:

1. Start Position



Exhale as you slowly crunch inward by raising your left shoulder off the floor, while simultaneously bringing your right knee in. Make sure your right leg remains at a 90-degree angle.

2. Middle Position

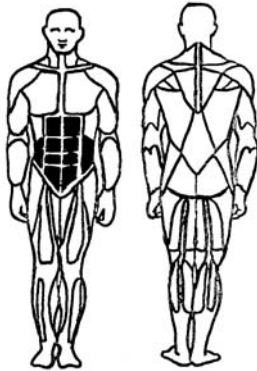


Concentrate on using your obliques and abdominals, maintaining a tennis-ball-sized gap between your chin and your chest.

3. End Position



Continue to crunch to your side, keeping your opposite shoulder blade on the mat and your chin aligned with the middle of your chest. Bring your elbow as close to your knee as possible, keeping your right leg at 90 degrees. Hold for 1/2 a second, squeezing your obliques and abdominals. *Note: To work the entire abdominal, slightly thrust your right glute upward, when squeezing.*



Region: Abdominals:

- Primary Muscle Worked: Upper Abdominals, Lower Abdominals, Obliques

Focus on Your Form:

- Throughout the entire range of motion:
 - Keep your head aligned with your spine.
 - Keep your chin aligned with the middle of your chest.
 - Keep your legs bent at 90 degrees to the floor.
 - Concentrate on using your oblique and abdominals, keeping your arms and elbows relaxed.
 - **Do not pull on your neck or bring your elbows forward.**
- Keep the small of your back in contact with the mat to alleviate unnecessary stress on your back.
 - **Do not perform this exercise if you feel discomfort in your lower back.**
- At end position, slightly thrust your glute upward, to properly train your entire abdominals.

4. Return to Start



Inhale as you slowly return to starting position, keeping your legs in the 90-degree angle. The small of your back remains in contact with the mat and you have maintained the tennis-ball-sized gap between your chin and chest.

5. Other Side



Duplicate the exercise for the other side of your body. Alternate between sides. Repeat the movement for the recommended number of repetitions. (1 repetition = one for the left and one for the right)