

Loop Band Program for Biking

Hip Flexion - Marching with Loop Band

1. Start with the loop band around both feet
2. You can do this exercise with support from the wall or a counter
3. Start by activating your core to keep your spine neutral - this is a bracing technique - pretend like you are bracing for a hit in the stomach
4. Then, lift one knee as high as you can with resistance from the band
5. Alternate feet or repeat same side



Prone Hamstring Curl Loop Band

1. Start lying on your stomach with the loop band around both feet.
2. Keep one foot down on the ground as you pull the other heel towards your back.
3. Pull as far as you can and then slowly release down.



Glute Bridge with Loop Band

Preparation:

- Lie flat on your back with your arms across your chest or flat on the ground
- Bend knees up so that your feet are flat
- Put a resistive band just above your knees



Start Position



Push knees out, lift hips

Execution:

- Push your knees out against the band around your legs
- Lift your hips up in the air to make a bridge
- Lower down in a controlled manner