

PILATES FOR CYCLISTS

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OVERVIEW

In this workshop, we will cover the common muscular and postural deviations that affect most cyclists. We will see their causes and how Pilates and Pilates-based exercises can help you achieve neuromuscular balance and strength in your body.

OBJECTIVES

Part I: Anatomy

- Hip Anatomy
- Glute Medius and Why You Need to Know About It

Part II: Muscular imbalances and how they effect you

- Proper Cycling Posture
 - Lower/ Upper Crossed Syndrome

Part III: Application and workout

- Why Pilates?
- Workout
 - Pre-Pilates
 - Foam Roller Series
 - Pilates Series
 - Ring Series