

EXERCISE

Bike

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

We are going to now show you how to use the bike. There are various different forms of bikes, so make sure that you familiarise yourself with your setup before you get going.

Now in this case, we're going to be using quite a simple one. Before we get going, we need to make sure a few things are set up. So starting with the seat position, we want to make sure that the seat position is just in line with the upper part of the client's pelvis. So I'm going to ask Dom just to move closer, and then I can come round and adjust the seat height.

(To Dom) Okay, so that's comfortable for you.

- Make sure that you ask your client to come round to the pedal.
- Make sure that the handles are in an appropriate position. At the moment, Dom's reaching quite forward so I want to make sure that I can adjust the handles quite simply by moving them back to a point where she feels more upright and that she's not reaching too far forward ... just in front of the shoulders is perfect.
- Make sure everything is nice and tight before we get going.
- Make sure that the client is comfortable with the seat position.

(To Dom) So, Dom, how are you feeling at the moment? I'm going to ask you to push one side of the pedal down just so that you don't feel that you're overreaching because at this point, we can make further adjustments. The bike seat looks just a little bit too high so I'm going to adjust that seat position.

Then ask the client to reset themselves. And again, just check and make sure that they're comfortable.

(To Dom) So if you push down, we want to have a nice long leg, but not so that you're overextending at the knee joint. Okay, Dom, how do you feel? Okay, ready to go. Start peddling for me.

As I said there are different resistances on different pieces of equipment. In this case we have a flywheel which we can adjust. And at the moment, we're going to take that down to 2 or 3 as we're just getting going. But some bikes might have resistance on the actual handles, or they might have it on the analog system here. So just be aware of which system that you're using and how to appropriately adjust the resistance.

We want to make sure that from the front-on view, the knees are tracking nicely so that we have knees, hips, and ankles, all in the straight line.

(To Dom) How are we feeling at the moment, Dom? Perfect. So I'm going to ask you to just gently start to increase your speed up towards 70 revolutions per minute.

Now all bikes will have a way to track either time or revolutions per minute. So it's a good idea (depending on your client's goals) that you choose your RPM and set it as appropriate.

(To Dom) Okay, Dom, I'll ask you now to come up towards 80 RPM. Excellent.

As they start to increase their speed, also be aware of their posture as they start to get tired. They might be leaning forwards, rounding through the mid and the upper back so we might need to make adjustments. At the moment (with Dom) it's absolutely fine so we don't need to do anything.

Depending on your client's ability and whether you're programming this into a session, you can also get them to come out of the seat in the saddle as if they're going to be climbing up a hill.

(To Dom) So Dom, when you're ready, gently slide yourself off the saddle and come to a standing position. Take your time as you transition from seat to standing and then progressively from there, build your speed or intensity to the point that you need to stop.

How are we feeling at the moment, Dom? Excellent. And then when you're ready to stop, we'll transition back. Just slowly bring yourself down onto the saddle.

Okay. Dom, when you're ready, start to bring yourself to a gradual halt? And then when you're ready from there, step off and away from the bike?



Main Muscles Involved

- Quadriceps
- Hamstrings
- Calves

