



# CYCLING STRONG

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# WHO I AM

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- Exercise Physiologist
- Science Educator
- Research Scientist
- Coach
- Athlete

# WHAT DOES CYCLING STRONG MEAN?

- Strength [/streNG(k)TH/]
- 1. The quality or state of being physically strong. "Cycling can help you build up your strength."
- 2. The capacity of an object or substance to withstand great force or pressure.



# STRENGTH - THE CAPACITY TO GENERATE AND WITHSTAND FORCE

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- The main goal of strength training for cyclists is to create a stronger support system to generate power and withstand repetitive forces over time.

**POWER** = RATE AT  
WHICH YOU DO  
**WORK**

Work = energy transferred via the  
application of force



POWER = FORCE  
X VELOCITY

- More power is seen when the system is both strong in force and fast in velocity.
- Strength training will help you to be both.
- Cycling requires repeated force production, one leg at a time.

# CYCLING STRONG

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- Cycling requires muscular strength and a strong core for bike handling ability and climbing.
- What are the best strength exercises for cyclists?



# CYCLING STRENGTH

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- Planks with variation– front and side. Increase core strength to maximize efficiency on the bike.
- Lunges– fire up the glutes, quads, calves, and hamstrings



# CYCLING STRENGTH

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- Leglifts– target hipflexors and core stabilizers for smooth pedal strokes
- Burpees– increase explosive power
- Weighted exercises: kettlebell swings, deadlifts, front squats, renegade rows.



# PLANNING

- Bodyweight exercises can be done anywhere.
- You can do them straight through in 2-3 sets of 10-15 reps, or alternate the exercises as 15-12-9 reps of each, cycling through for 2-5 rounds.
- Strength 2-3 x per week





# WEIGHTED EXERCISES

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- Start light and build over time to challenging loads.
- Can use kettlebells, dumbbells, or barbells.
- Form is paramount. Each movement executed with proper form first before you build in weight.

# BODY WEIGHT VARIATIONS

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- Plank variations: <https://www.youtube.com/watch?v=bH0teDDCrLs>
- Lunge variations: <https://www.youtube.com/watch?v=FRtRDwrSXp8>
- Leg lift variations: [https://www.youtube.com/watch?v=EwM\\_bnDGnyk](https://www.youtube.com/watch?v=EwM_bnDGnyk)
- Burpee variations: [https://www.youtube.com/watch?v=\\_4wtBbYydIE](https://www.youtube.com/watch?v=_4wtBbYydIE)

# WEIGHTED VARIATIONS

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- Kettlebell swing variations: <https://www.youtube.com/watch?v=f8pwwqgJHSM>
- Deadlift variations: <https://www.youtube.com/watch?v=TjY7Go5pga4>
- 21 Dumbbell leg exercises: <https://www.youtube.com/watch?v=qWTsHTHDHUU>
- The dumbbell front squat: <https://www.youtube.com/watch?v=B86Zj72LwzA>
- Renegade rows: <https://www.youtube.com/watch?v=wTqJJ0aoJIM>

# WHERE TO FIND ME:

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- Instagram, Facebook, and Twitter: @jayasports
  
- Thank you!