

CYCLOME SESSION 1

Exercise	Time	Reps
Bike warm up	25 min	1
Single leg squat	40/20	2
Forward lunge & external rotation	40/20	2
Side plank from adductors	40/20	2
External hip rotation	40/20	2
Adductor stretch	40/20	2
Side squat	40/20	2
Single leg deadlift	40/20	2
Hip flexor leg lift	40/20	2
Body weight squats	40/20	2
Reverse lunge	40/20	2
Lateral stretch	40/20	2
Cat/lumbar spine	40/20	2
Swimmer	40/20	2
Hinge	40/20	2

CYCLOME SESSION 2

Exercise	Time	Reps
Bike warm up	25 min	1
Single leg squat	40/20	2
Forward lunge & external rotation	40/20	2
Side plank from adductors	40/20	2
External hip rotation	40/20	2
Adductor stretch	40/20	2
Side squat	40/20	2
Single leg deadlift	40/20	2
Hip flexor leg lift	40/20	2
Body weight squats	40/20	2
Reverse lunge	40/20	2
Lateral stretch	40/20	2
Cat/lumbar spine	40/20	2
Swimmer	40/20	2
Hinge	40/20	2

CYCLOME SESSION 3

Exercise	Time	Reps
Bike	25 min	1
Single leg squat	40/20	2
Forward lunge & external rotation	40/20	2
Adductor stretch	40/20	2
Side squat	40/20	2
Single leg deadlift	40/20	2
Hip flexor leg lift	40/20	2
Body weight squats	40/20	2
Reverse lunge	40/20	2
Hinge	40/20	2
Swimmer	40/20	2
Squats & lateral kick	40/20	2
Lateral leg raise	40/20	2
Static leg lift & hold	40/20	2
Side plank & hold	40/20	2

CYCLOME SESSION 4

Exercise	Time	Reps
Bike	25 min	1
Body weight squat	40/20	2
Single leg squat	40/20	2
Sprinter lunge	40/20	2
Adductor stretch	40/20	2
Side squat	40/20	2
Single leg deadlift	40/20	2
Hip flexor leg lift	40/20	2
Reverse lunge	40/20	2
Hinge	40/20	2
Swimmer	40/20	2
Oblique mountain climber	40/20	2
Lateral leg raise (pulsed)	40/20	2
Static leg lift & reach	40/20	2

CYCLOME SESSION 5

Exercise	Time	Reps
Bike	25 min	1
Body weight squat	40/20	2
Single leg squat	40/20	2
Sprinter lunge	40/20	2
Power squats	40/20	2
Adductor stretch	40/20	2
Single leg deadlift	40/20	2
Wide/narrow squat	40/20	2
Squat & knee drive	40/20	2
Hip flexor leg lift	40/20	2
Reverse lunge	40/20	2
Hinge	40/20	2
Oblique mountain climber	40/20	2
Static leg lift & reach (pulsed)	40/20	2

CYCLOME SESSION 6

Exercise	Time	Reps
Bike	25 min	1
Body weight squat	40/20	2
Single leg squat	40/20	2
Sprinter lunge	40/20	2
Reverse lunge	40/20	2
Adductor stretch	40/20	2
Drop squats	40/20	2
Single leg deadlift	40/20	2
Low squat hold	40/20	2
Hinge	40/20	2
Squat and knee drive	40/20	2
Walkout	40/20	2
Leg extension abs (hip flexor)	40/20	2
Static leg lift & reach (pulsed)	40/20	2

CYCLOME SESSION 7

Exercise	Time	Reps
Bike	25 min	1
Body weight squat	40/20	2
Single leg squat	40/20	2
Sprinter lunge	40/20	2
Reverse lunge	40/20	2
Adductor stretch	40/20	2
Drop squats	40/20	2
Single leg deadlift	40/20	2
Low squat hold (pulse)	40/20	2
Hinge	40/20	2
Hop hop lunge	40/20	2
Leg extension abs (hip flexor)	40/20	2
Lunge lunge squat	40/20	2
Static leg lift & reach (pulsed)	40/20	2

CYCLOME SESSION 8

Exercise	Time	Reps
Bike	25 min	1
Body weight squat	40/20	2
Close forward lunge	40/20	2
Sprinter lunge	40/20	2
Reverse lunge	40/20	2
Hip flexor rotation	40/20	2
Drop squats	40/20	2
Single leg deadlift	40/20	2
Low squat hold (pulse)	40/20	2
Kettle bell swing	40/20	2
Hop hop lunge	40/20	2
Leg extension abs (hip flexor)	40/20	2
Lunge lunge squat	40/20	2
Static leg lift & reach (pulsed)	40/20	2