

# COACHING & CUEING FOR OPTIMAL INDOOR CYCLING FORM



IDEA 2022

## BIKE SET-UP

- Consider sending out short video of your studio bike in advance to review bike set-up and best practices
- Every new rider should receive a customized set-up by the instructor before class. Reviewing the following can really help promote safety, increased performance and coming back for more!



## FORM IN THE SADDLE



1. Microbend in the knee
2. Knees behind the resistance knob
3. Feet flat in the pedals and tracking out and in (avoid stomping/smashing)
4. Angled spine that promotes length and proper recruitment from core muscles
5. Microbend in the elbow
6. Light grip on the outside of the handlebars
7. Handlebar height promotes relaxed shoulders, down the back

\*Don't forget to educate riders on how to properly unclip at the end of class!

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## FORM OUT OF THE SADDLE

1. Hips back - creates length from the handlebars
2. Open and lift chest while maintaining an angle in the spine (avoid vertical riding)
3. Microbend in the elbows
4. Light grip on the handlebars
5. Tuck your tailbone under
6. Knees behind the resistance knob



## CUEING FORM

### Form and Feeling Cues for Seated Riding

- Lengthen your spine
- Sit into your hips
- Feet are flat in the pedals
- Allow the feet to track in and out
- Relax from the crown of your head all the way down to your toes
- The gear feels like you're running against the wind
- Relax and let the tension melt down your back
- Roll your shoulders down your back
- Soften your grip on the sides of the handlebars
- Your breath will ground you when the work gets tough
- Bring balance to the riding
- Drop your heels and pedal with a full foot
- Change out the stomp or smash to a pull
- Pedal with equal leg strength and find fluidity. Aim for smooth, rhythmic rotations
- Keep your chin neutral and lift your spine
- Lift your gaze up and out
- Your heel is actively pushing away from the body
- Activate your hamstrings by focusing on the lift
- Knees flash directly forward

### Form and Feeling Cues for 3rd Position Riding

- Open and lift the chest away from the handlebars
- Shine or open your heart
- Arms are here for balance and support
- Recruit your core / Stabilize from your core
- Lengthen your arms and bring your chest back up and open
- Find confidence in your posture (this can always be followed by a shout-out to a rider)
- Your breath may feel chaotic right now (works for increased effort in the saddle, too!)
- Keep your shoulders and hips square to the bike as you ride
- Anchor your core to the ground, which will keep you centered and stable
- Pull the hips back over the tip of the saddle
- This climb may feel like you're trudging through mud
- Find lightness on the pedals
- If you look down and see your monitor below you, it's time to shift your hips back so you can look out and see your monitor instead.

Questions? Email [education@cyclebar.com](mailto:education@cyclebar.com)