

# Minimal Equipment - Cyclist Core Movement Library

**Disclaimer/Note:** This library is to serve as a guideline for exercises that can be completed with little to no equipment. It is not meant to be an extensive list of ALL the exercises that can be completed at home, however, it is a good starting point. Use your best judgement with technique and selecting appropriate exercise variations.

Youtube Link to Exercise Playlist

<https://www.youtube.com/playlist?list=PLhbeVzGR9I5RAHiG0tHlcX3jLuMpmIGB>

| Exercise Pattern       | Primary Muscles                               | Exercise Progression Continuum  |   |   |   |
|------------------------|---|---|---|---|---|
| <b>Core Exercises</b>  |   |   |   |   |   |
| <b>Anterior Core</b>   | <b>Rectus Abdominis, Obliques</b>             | Straight Arm Plank  | Front Plank   | Feet Elevated Front Plank   | Front Plank Rock Back   |
| <b>LINKS</b>           |   | <a href="https://youtu.be/Z89WouDIY7U">https://youtu.be/Z89WouDIY7U</a> | <a href="https://youtu.be/m7Diz58p1Ps">https://youtu.be/m7Diz58p1Ps</a> | <a href="https://youtu.be/zgnKnUeXM-o">https://youtu.be/zgnKnUeXM-o</a> | <a href="https://youtu.be/N6ekN3PJXfk">https://youtu.be/N6ekN3PJXfk</a>   |
| <b>Anterior Core</b>   | <b>Rectus Abdominis, Transverse Abdominis</b> | Supine Deep Belly Breathing   | Deadbug (Legs)  | Deadbug   | Straight Legged Alternating Leg Lowers  |
| <b>LINKS</b>           |   | <a href="https://youtu.be/JBPZ6Phretw">https://youtu.be/JBPZ6Phretw</a> | <a href="https://youtu.be/JmCpca8sYl4">https://youtu.be/JmCpca8sYl4</a> | <a href="https://youtu.be/WURboWJMuly">https://youtu.be/WURboWJMuly</a> | <a href="https://youtu.be/2tIV8CIX59Q">https://youtu.be/2tIV8CIX59Q</a>   |
| <b>Lateral Core</b>    | <b>Obliques, Glutius Medius</b>               | Side Plank - Knees  | Side Plank  | Feet Side Plank   | Bent Knee or Side Plank with Hip Abductions   |
| <b>LINKS</b>           |   | <a href="https://youtu.be/7Dt06H0AqRk">https://youtu.be/7Dt06H0AqRk</a> | <a href="https://youtu.be/uMqbtqK-nUw">https://youtu.be/uMqbtqK-nUw</a> | <a href="https://youtu.be/2HpyTLuJ-QY">https://youtu.be/2HpyTLuJ-QY</a> | <a href="https://youtu.be/A8VfMKCczQE">https://youtu.be/A8VfMKCczQE</a>   |
| <b>Posterior Core</b>  | <b>Glutius Maximus</b>                        | Hip Bridge  | Hip Lifts   | Hip Bridge March  |   |
| <b>LINKS</b>           |   | <a href="https://youtu.be/z8G_uSEWTus">https://youtu.be/z8G_uSEWTus</a> | <a href="https://youtu.be/N6PCP_zXdd0">https://youtu.be/N6PCP_zXdd0</a> | <a href="https://youtu.be/vp7yYzmwZyA">https://youtu.be/vp7yYzmwZyA</a> |   |
| <b>Posterior Core</b>  | <b>Glutius Maximus, Erector Spinae</b>        | Bird Dog (Legs)   | Bird Dog  |   |   |
| <b>LINKS</b>           |   | <a href="https://youtu.be/kgm32JYfN88">https://youtu.be/kgm32JYfN88</a> | <a href="https://youtu.be/PiK1C0taRi0">https://youtu.be/PiK1C0taRi0</a> |   |   |
| <b>Rotational Core</b> | <b>Rectus Abdominis, Obliques</b>             | Half-Kneeling Pallof Hold   | Half-Kneeling Pallof Press  | Half-Kneeling Pallof Rotation   | <b>Other Variations:</b> Pallof Exercises from different Positions (Kneeling, Standing, etc.), Plank with Shoulder Taps |
| <b>LINKS</b>           |   | <a href="https://youtu.be/4a7AYClqdc">https://youtu.be/4a7AYClqdc</a>   | <a href="https://youtu.be/S1CZGWbDLsc">https://youtu.be/S1CZGWbDLsc</a> | <a href="https://youtu.be/hifO_iZrYM8">https://youtu.be/hifO_iZrYM8</a> |   |