

THE 10-MINUTE CYCLIST RESET

5 Simple Movements to Complement Your Cycling

A simple 10-minute routine to add movement, activation and control to your cycling week.

TIME

10 Minutes

EQUIPMENT

None (Zero Gear)

MOVEMENTS

5 Exercises

TARGET

Hips • Glutes • Core

WHY CYCLISTS NEED MORE THAN CYCLING

Balancing repetitive saddle time with targeted off-bike variety

CYCLING IS REPETITIVE.

YOUR MOVEMENT DOESN'T HAVE TO BE.

Cycling is one of the most efficient, rewarding endurance sports in the world. But it is also fundamentally repetitive.

When you ride, you spend long periods moving through a relatively specific range of positions. Your hands stay anchored to the bars, your torso remains in a fixed forward posture, your hips flex through a constrained arc, and your legs pedal continuously in a single plane.

That is not a flaw in cycling. It is simply the reality of how a bicycle works.

The challenge is what happens off the bike. When your weekly physical activity consists only of hours in the saddle, your body adapts specifically to those demands. Other ranges of motion—hip rotation, genuine hip extension, lateral stability, and balanced core control—rarely get called upon.

You don't need an hour in the gym, and you don't need a complicated encyclopedia of stretches. You just need a small, regular dose of complementary movement:

1. **Move** your joints through ranges cycling doesn't demand.
2. **Activate** muscles that spend hours in fixed positions.
3. **Control** your trunk so your posture stays calm on and off the bike.

Ten minutes before a ride, after a ride, or on a rest day is all it takes to give your body the variety it needs.

THE COMPLEMENTARY PRINCIPLE

We don't do these movements to change how you ride. We do them to give your body the movement variety cycling leaves out.

THE 10-MINUTE RESET

5 movements • 2 minutes each • Zero gym equipment

DURATION	EQUIPMENT	SPACE	FREQUENCY
10 Minutes Total	None (No Gear)	Floor + Wall	3–5 Days / Week

#	MOVEMENT	PILLAR	TIME	PRIMARY FOCUS
01	90/90 Hip Switch	MOVE	2 MIN	Hip rotational range & capsule freedom
02	Half-Kneeling Hip Flexor & Reach	MOVE	2 MIN	Upright anterior hip & ribcage opening
03	Glute Bridge Isometric Hold	ACTIVATE	2 MIN	Posterior chain drive & glute awareness
04	Ankle Dorsiflexion Wall Drive	MOVE	2 MIN	Ankle flexion & lower leg compliance
05	Dead Bug (Reciprocal Limbs)	CONTROL	2 MIN	Torso bracing with opposing limb reaches

THREE CORE RULES OF THE RESET

1. Move Slowly:

This is not a high-intensity workout. Speed hides poor control. Perform each repetition deliberately.
2. Stay Within Comfort:

Never force a joint into pinching or discomfort. Work up to your comfortable end-range and pause.
3. Focus on Control:

Quality of movement creates the benefit. If your form begins to slip, slow down and reset.

EXERCISE 01

90/90 HIP SWITCH

MOVE

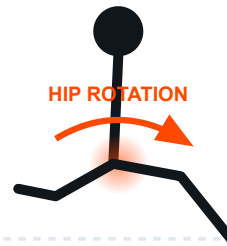
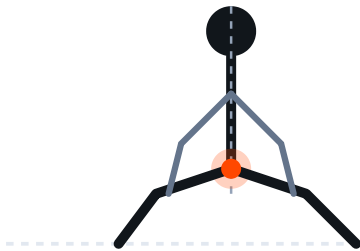
2 MINUTES

ILL-001

EX-01 • 90/90 HIP SWITCH

A: SEATED NEUTRAL

B: ROTATIONAL SWEEP



▶ Sit tall and move your knees from side to side under control.

EXECUTION CUES

- **Setup:** Sit upright with knees at 90°, feet placed wide, and hands lightly resting behind you for support.
- **Smooth Rotation:** Keep both heels pinned to the floor as you rotate both knees across to the right, pause 1s, then sweep to the left.
- **Tall Spine:** Rotate strictly from your hip joints while keeping your chest proud and un-slumped.

WHY IT COMPLEMENTS CYCLING

Reintroduces multi-planar hip rotation lost to repetitive, single-plane pedaling.

WHAT TO AVOID

Slumping into your lower back or forcing stiff knees down to the floor.

EXERCISE 02

HALF-KNEELING HIP FLEXOR & REACH

MOVE

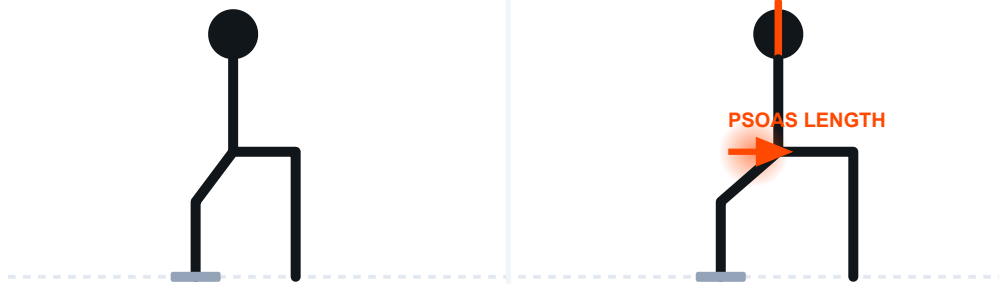
2 MIN (60S/SIDE)

ILL-002

EX-02 • HALF-KNEELING HIP FLEXOR & REACH

A: TALL 90/90 STANCE

B: GLIDE & OVERHEAD REACH



▶ From a half-kneeling position, gently shift forward and reach overhead.

EXECUTION CUES

- **Setup:** Half-kneeling stance with both knees at 90°. Place a folded towel or mat under your rear knee on hard floors.
- **Glute Squeeze & Drift:** Squeeze the rear glute, drift forward 1–2 inches, and reach the kneeling-side arm straight overhead.
- **Gentle Reach:** Add a subtle side-reach away from the rear leg. Hold 2s, relax slightly back, and repeat for 60s per side.

WHY IT COMPLEMENTS CYCLING

Gently opens the anterior hip, counteracting hours spent in a bent-over riding posture.

WHAT TO AVOID

Over-arching your lower back to fake extra forward hip extension.

EXERCISE 03

GLUTE BRIDGE ISOMETRIC HOLD

ACTIVATE

2 MIN (8-10 REPS)

ILL-011

EX-11 • GLUTE BRIDGE ISOMETRIC HOLD



▶ Press through your feet, lift your hips and hold with control.

EXECUTION CUES

- **Setup:** Lie on your back, knees bent, feet flat hip-width apart, and heels set comfortably close to your hips.
- **Drive & Align:** Drive firmly through your heels to raise hips until thighs and torso form a clean, straight line.
- **3-Second Hold:** Squeeze your glutes forcefully at the top for 3 seconds, lower under control, and repeat for 8-10 reps.

WHY IT COMPLEMENTS CYCLING

Directly engages the posterior chain to balance quad-dominant pedaling.

WHAT TO AVOID

Hyperextending into an exaggerated lower-back arch or pushing off toes.

EXERCISE 04

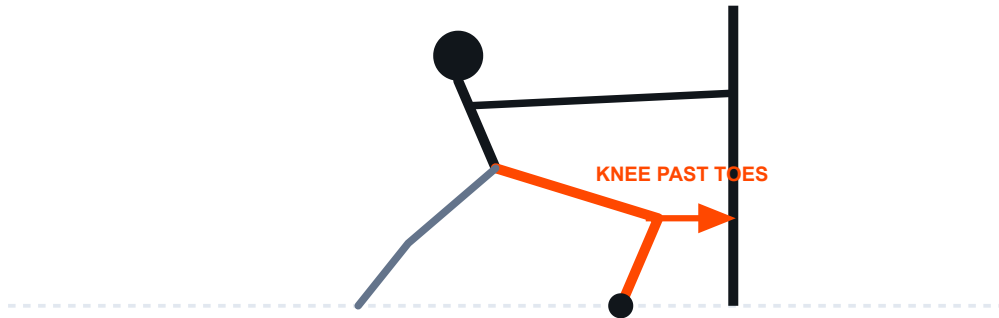
ANKLE DORSIFLEXION WALL DRIVE

MOVE

2 MIN (60S/SIDE)

ILL-006

EX-06 • ANKLE DORSIFLEXION WALL DRIVE



▶ Keep your heel down and gently drive your knee towards the wall.

EXECUTION CUES

- **Setup:** Stand facing a wall in a staggered stance, front toes 3–4 inches away, hands resting lightly on the wall.
- **Track Over Toes:** Drive your front knee forward directly over your middle toes while keeping your front heel firmly glued down.
- **Controlled Rhythm:** Reach your comfortable end-range, hold 1–2s, return, and continue smoothly for 60s per side.

WHY IT COMPLEMENTS CYCLING

Restores ankle flexion needed to pedal fluidly and absorb road vibrations.

WHAT TO AVOID

Allowing front heel to lift off the floor or letting the knee collapse inward.

EXERCISE 05

DEAD BUG (RECIPROCAL LIMBS)

CONTROL

2 MIN (ALTERNATING)

ILL-015

EX-15 • DEAD BUG (RECIPROCAL LIMBS)

A: TABLET OP NEUTRAL

B: CONTRALATERAL REACH



► Move opposite arm and leg away from your body while keeping the movement controlled.

EXECUTION CUES

- **Setup:** Lie on back, arms pointing to ceiling, knees and hips bent at 90° (tabletop). Connect lower back gently to floor.
- **Reciprocal Reach:** Slowly extend right arm overhead and left leg straight out until hovering just above the floor. Pause 1s.
- **Steady Torso:** Return to center and immediately switch sides. Alternate in a deliberate, unhurried tempo for 2 minutes.

WHY IT COMPLEMENTS CYCLING

Trains your torso to maintain quiet, stable control while limbs move reciprocally.

WHAT TO AVOID

Lower back arching off floor as limbs reach out, or rushing repetitions.

YOUR 10-MINUTE CYCLIST RESET

Save or screenshot this page for your pre-ride or post-ride routine

01

90/90 Hip Switch

MOVE

2 MIN

Sit tall. Smooth rotation from hip sockets. Heels pinned.

02

Half-Kneeling Hip Flexor & Reach

MOVE

2 MIN

(1m/s)

Rear glute squeezed. Reach tall for ceiling. Cushion rear knee.

03

Glute Bridge Isometric Hold

ACTIVATE

2 MIN

(8–10r)

Drive through heels. 3s hold at top. Straight hip line.

04

Ankle Dorsiflexion Wall Drive

MOVE

2 MIN

(1m/s)

Heel glued to floor. Knee drives directly over middle toe.

05

Dead Bug (Reciprocal Limbs)

CONTROL

2 MIN

Lower back stays connected. Slow opposite arm/leg reach.

HOW TO FIT IT INTO YOUR WEEK

- **Pre-Ride:** Perform before rolling out to open hips and prepare ankles.
- **Post-Ride:** Perform after riding to unwind the forward riding posture.
- **Rest Days / Desk Days:** Use as a midday movement break to counteract long hours of sitting.

10 MINUTES. NO GYM. NO EQUIPMENT.

Save or screenshot this page to keep your reset within reach wherever you ride.

WHAT'S NEXT?

Taking the next step in your off-bike physical preparation

THE 10-MINUTE RESET IS JUST THE BEGINNING.

The five movements in this guide provide a simple, reliable way to complement your riding week. When done consistently, small daily habits build lasting physical freedom.

FUTURE RELEASE

THE CYCLIST BODY RESET

THE CYCLIST BODY RESET is a structured 30-day program designed to complement your riding with approximately 15 minutes of focused movement each day.

30 DAYS
STRUCTURED PROGRESSION

~15 MIN
DAILY TIME FOOTPRINT

CYCLIST-SPECIFIC
BUILT FOR RIDERS

Be the first to know when enrollment opens and receive exclusive early-bird access:

JOIN THE WAITLIST →

No spam. Just priority notification and early-bird access when the program is ready.

GENERAL FITNESS & CONDITIONING NOTICE: *The 10-Minute Cyclist Reset* is provided strictly for educational and general recreational fitness conditioning purposes. It does not constitute medical advice, physical therapy, injury diagnosis, or orthopedic rehabilitation. Always consult a qualified medical professional before beginning any new exercise routine. If you experience sharp pain, numbness, or dizziness during any movement, stop immediately and seek medical evaluation.