



# PERFORMANCE CYCLING CONDITIONING

A NEWSLETTER DEDICATED TO IMPROVING CYCLISTS

[www.performancecondition.com/cycling](http://www.performancecondition.com/cycling)

## Adduction Abduction

**Start:** Secure the tubing around a solid object and your ankle. Walk to a point where the tubing is stretched enough to allow you to balance on one leg. Stabilize the hip of the leg on the ground, knees bent.

**Movement:** Perform hip abduction and adduction.

**Coaching Point:** The key is how much resistance the tubing provides to achieve a full range of motion. Perform 25 reps in each of position. Do opposite leg.

