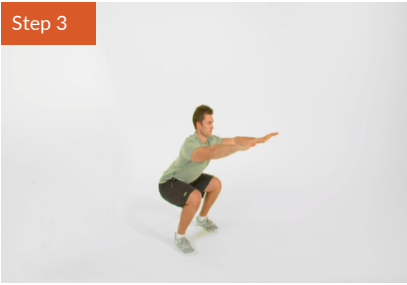
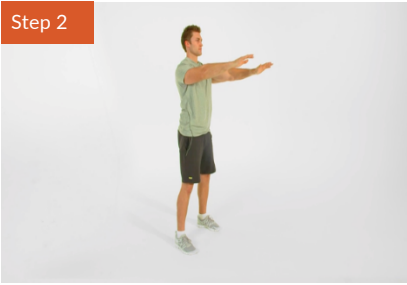
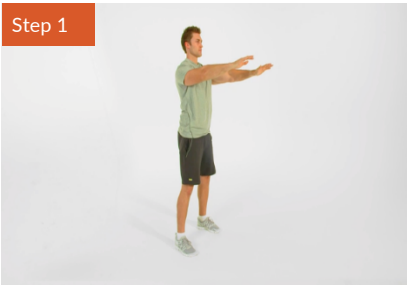


CYCLING-DAILY MOVEMENT PROGRAM



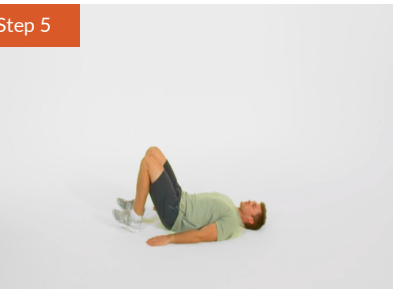
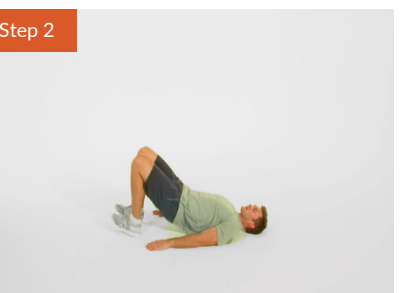
BODY WEIGHT SQUAT

10 times



GLUTE BRIDGE

10 times



PLANK

5 times 15 seconds



CAT AND COW

5 times each

Step 1



Step 2



Step 3



Step 4



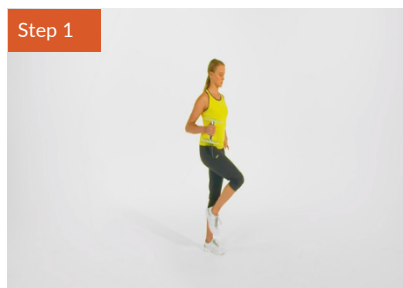
Step 5



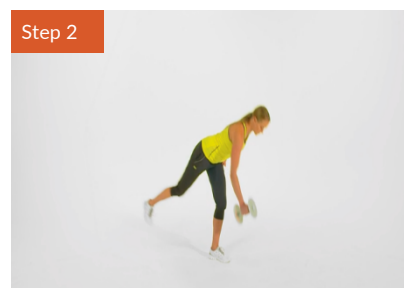
SINGLE LEG RDL

5 times each limb

Step 1



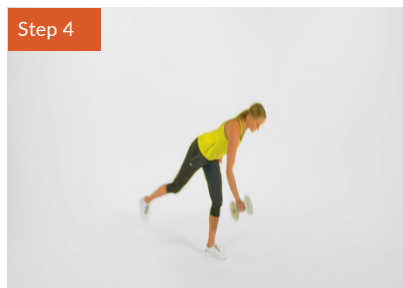
Step 2



Step 3



Step 4



Step 5

