



Cyclists are primed to discover their real power plant (athletic movement) and how to connect with the bicycle in a meaningful manner. Hinge your training on developing athletic movement on the bike, in ways you may not have thought possible before.

Thus far, the sport has centered its training philosophy fully on the legs, physiology and bike handling skills. For historical reasons, the culture of the sport has not favored true athletic movement. Most cyclists have been brought up emphasizing rigidity for the sake of “conserving energy” and “aerodynamic gains”; this has the effect of freezing the athlete into unintended rigidity and placing a glass ceiling on athletic development. These restrictions artificially limit athletes’ ability to improve and accomplish their goals; in particular youngsters who are left with no means of channeling dynamic balance and movement skills just at the time in their development when they need it most. It is no wonder that relatively few athletes perform with the required athletic movement that could be considered as expert or even proficient; an observation which is documented.

Without a doubt, elite athletes are the gold standard of performance. They perform with such natural rhythm, but we can’t quite put our finger on what they do that is so special. It will be obvious when I point it out, and you will be wondering why nobody figured this out before. I think there is a clear cause and effect between the athletic movement and World class performance; this is natural talent, a “power plant” hidden in plain sight, which elite athletes have self optimized. The magic of the Video Collections is that we can begin to tell their story of accomplished athleticism as it deserves to be told.

It may come as a surprise that most amateurs do tend to move with a natural rhythm on the bike in the first place; an athleticism which has not been defined until now. It is my belief that the Performance Movement Patterns in Cycling-Video Collection will help them bring that unrecognized athletic movement to the surface, within their range of potential. They need not be bogged down by an artificial “glass ceiling”. The really good news is that this natural rhythm of athletic movement is the life and soul of the sport, and you don’t have to be physiologically gifted to experience it. We may be able breathe some athletic life back into the athlete after all!

What does this natural rhythm really mean? The concept is the Performance Movement Patterns; and the Sidebend Hip Hike and the Trunk Pelvic Roll are the rhythmical sequences essential to performing gracefully on the bicycle. Admittedly, the terms are technical; though vital at defining the science in support of the practical application of the concept.

Whether the goal is a personal need to improve, or World class performance; athletes and coaches can now rely on Précis Velo to provide the best learning methods. The video will help you to tilt the scales back in your favor to discover the movements that will enhance your natural rhythm of athletic movement, gain confidence and bring out the best of your talents.

There are volumes and volumes of cycling video streaming from every corner of the earth, so why are these Video Collections so special? I make these movement patterns come to life, and provide a unique perspective and “explaining the unexplainable”. I will guide you through the movement sequences in great detail. Dartfish software is the perfect complement, with powerful analytical features, to follow what the body is really up to. I can track and focus the attention on details of the “Movement Pattern” you never thought existed; and correlate this with the path of the crankarm. I describe what I see and interpret that in terms of the Principles of the Movement Patterns and observations of Elite and Amateur athletes. For the very first time we can define what makes the Elite athlete special and what amateur athletes can aspire to and accomplish through focused training. By the way, I don’t spend much time at all on “the legs” or “the bike”.

Begin your personal journey with the Performance Movement Patterns in Cycling-Video Collection with animations of a skeleton; the advantage is that the essence of the Movement Patterns needs to be illustrated as clearly as possible, and this was the only way to accomplish that goal. This approach will help you train your powers of observation to visualize real athletes which can be found in the same Video Collections. Feel inspired to practice with that same expert precision and natural rhythm of athletic movement to reach the improvements that reflect your specific goals. Discover your abilities, and gain unique insights from the successes of others.

You may be apprehensive of embarking on a new experience. I do believe that if we place the athlete at the center of the discussion, we can create a climate in which we blend the Précis Velo approach with sound physiological principles; the athlete benefits and the sport grows.