

Hi, I'm Amy. Thanks for joining me for this Pilates for Cyclists series. This is a little bit of a passion project for me as I really, um, enjoy my rides, but somehow my workout just doesn't quite feel complete without my Pilates. So whether I do my Pilates before I get on the bike to get me nice and warm, or.

Or I do my Pilates afterwards to make myself stretchy. Admittedly, I like the stretchy part a little bit more, but either way, I really love being able to do both. And I feel super proud of myself, as I hope you will too, for not just taking a ride, but also getting your Pilates in in the same day.

This series is for anybody with some Pilates experience and who loves getting on the bike. I chose the wall, the mat, and the spine corrector for this series because those are what I have at home and are in the same room as my bike, so they're easily accessible. I don't have to head to the studio to jump on a Reformer or anything like that.

I can get down on my mat, pull out my spine corrector, go against the wall, and really feel my before or after workouts. I can't wait to hear what you think about these workouts. They do so much for my body, and I look forward to hearing how you feel in your body after coupling your ride with your Pilates.