

HEELCURVE HOCKEY

STEADY-STATE CARDIO - BIKE (CONVERSATIONAL PACE)

EXERCISE MECHANICS

WHAT IT IS

Low to moderate intensity cardio on a stationary bike that builds aerobic base, improves recovery, and supports overall conditioning. You should be able to hold a conversation.

1 SET UP

Adjust the bike seat height so your knee has a slight bend at the bottom of the pedal stroke. Set the resistance to a comfortable, sustainable level.



2 WARM UP

Pedal easy for 3-5 minutes to increase your heart rate and loosen up before settling into your steady pace.



3 STEADY PACE

Maintain a steady, conversational pace. Breathe comfortably and keep your effort consistent.



4 DURATION

Stay in this zone for 30-60 minutes (or as prescribed). Focus on rhythm and endurance, not speed.



5 COOL DOWN

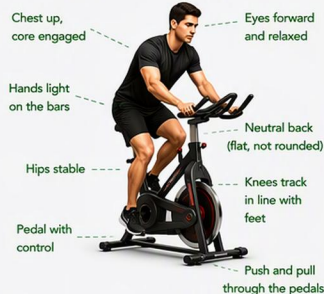
Pedal easy for 3-5 minutes to slow your heart rate before getting off the bike and stretching.



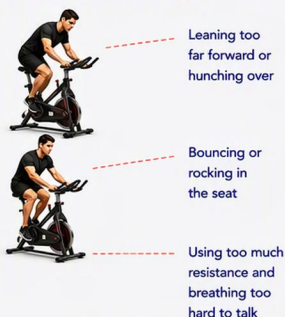
KEY POINTS

- Keep your cadence smooth and steady.
- Breathe through your nose when possible.
- Stay relaxed in your upper body.
- Choose resistance that challenges you but allows you to talk comfortably.
- Hydrate before, during, and after.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Quadriceps
- Hamstrings
- Glutes
- Calves
- Hip Flexors
- Core
- Cardiovascular System

TRAINING TIPS

- Keep your effort in Zone 2 (60-70% max heart rate) for aerobic benefits.
- Use this for active recovery, base building, or as part of a training block.
- Pair with strength and skill work for well-rounded performance.
- Consistency is key—small efforts add up over time.