

STRETCH!



NECK

1] Flexion/Rotation - Slowly tuck your chin into your chest and rotate your head toward one shoulder. You will feel a mild stretch in the neck muscles.



2] Flexion/Extension

A] Slowly tuck your chin into your chest until you feel a mild stretch in the muscles. You will feel a stretch along the back of your neck.



B] Keeping your mouth closed and leading with the chin, slowly tilt your head back. You will feel a mild stretch in the muscles along the front of your neck.



ABDOMINALS



3] Extension - Lie on your stomach and prop up on your elbows until you feel a mild stretch along your stomach muscles.



LEGS & HAMSTRINGS

4] Lunge Stretch - In a lunge position, keeping your forward knee behind the forward ankle, lower your pelvis to the ground. Keep your head up, shoulders level, and eyes looking forward. This is for your groin and hips.



5] Butterfly Stretch - Using your elbows, press your knees down toward the floor. This stretches your inner thighs and hips.



6] Gluteus Stretch - Lying on your back, hug your knee toward your chest to stretch the muscles in your bottom.



7] Spinal Twist - Cross one leg over the other extended leg, planting the foot on the floor. Twist your trunk toward the crossed leg.



8] Squatting - Keep both heels planted and lower your butt into a squatting position; hold the position.



9] Calf Stretch - Using a support in front of you, extend one foot three feet away from the support, with the heel firmly planted. Lean forward to stretch the calf of your extended leg, putting your weight over the bent leg.



10] Quadricep - Bend one knee, grabbing the ankle or foot. Gently pull your heel towards your butt, stretching the front of the thigh.



11] Straight-leg Raise - Lie with one leg resting on the floor and the other thigh flexed up toward the ceiling. Holding your thigh with your hands, slowly straighten your knee until you feel a mild stretch along the back of your thigh (hamstrings).



12] Seated Hamstring - Bending at the hips, lean forward reaching your hands toward your feet. This stretches the back of your thighs and lower back.



ARMS & SHOULDERS

13] Back Scratch Stretch - Reach behind your head and grasp the opposite elbows, gently pulling it back and towards the centre of your body. This stretches the triceps, the muscles on the back of your arms.



14] Shoulder/Chest Stretch - Interlock your fingers behind your back. Keeping your chest high and eyes looking forward, gently raise your arms.



15] Shoulder Blade Hug - Stand or sit with a normal curve in the low back, midback and neck. Grab your elbow with the opposite hand and pull it straight across your chest. This stretches the back of the shoulder.



STRETCHING REGULARLY BEFORE AND AFTER YOUR TRAINING RIDES AND WORKOUTS WILL HELP ATTAIN AND MAINTAIN FLEXIBILITY. THIS WILL HAVE TREMENDOUS PAYOFFS FOR YOU DURING THE RIDE - MUSCLE PAIN, STIFFNESS, INJURIES, AND FATIGUE WILL ALL BE LESSENED. THE FOLLOWING STRETCHES SHOULD BE INCORPORATED INTO YOUR WEEKLY TRAINING SCHEDULE NOW.