

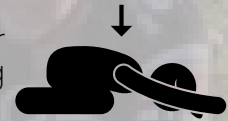
STRETCHES FOR CYCLIST

Whether you're a triathlete or road cyclist, flexibility plays a crucial role in maintaining an efficient aero position, achieving effective pedaling, and alleviating post-ride muscle soreness. Taking a few moments after each ride to stretch can greatly contribute to your mobility and longevity in cycling.

It's important to stretch after your ride or following a warm-up – never stretch cold. Hold each stretch for 20–60 seconds to maximize its effectiveness.

LOW BACK STRETCH

- Come to your hands and knees
- Spread your knees as wide as your mat, keeping the tops of your feet on the floor with the big toes touching.
- Rest your belly between your thighs and root your forehead to the floor.
- Stretch your arms in front of you with the palms toward the floor or bring your arms back alongside your thighs with the palms facing upwards.



HIP STRETCH

- From a kneeling position with right leg in front of you, so that the right thigh is parallel to the floor and the knee is bent at a 90° angle. Left knee remains on the floor, underneath the left hip.
- Rotate pelvis so spine is in neutral position
- Place your hands on your hips or your right thigh and, while keeping your back straight, gently shift your hips forward until you feel a stretch. You will feel it through the front of the left thigh and groin area.
- Switch legs and repeat



HAMSTRING STRETCH

- Standing up, place your foot on a chair, table or tailgate. Keep your foot in line with your hip. (pick an elevated surface that is no higher than your hips)
- Keep your raised leg straight or a slight bend in knee.
- Lean forward until you feel a stretch behind your knee and into the back of your thigh.
- Switch legs and repeat



CHEST STRETCH

- Stand tall with your head up, looking forward with your feet hip-distance apart.
- Gently clasp the hands behind your back and push the shoulders back and the chest out.
- Focus on bringing the shoulder blades close together and rounding the chest.



SIDE BODY STRETCH

- Place feet hip-width apart. Inhale, stand up tall and extend your right arm directly above your head.
- Exhale, reach your right arm over to your left side to lengthen the right side of your body.
- Breathe deeply throughout. Each time that you exhale, reach further into your left side to increase the stretch.
- Repeat this stretch on the other side.

