

ON-BIKE STRETCHING AND EXERCISES

1. Reasons to stretch

- Reduce tightness and strain in your neck, back, shoulders, arms and face
- Ride longer with less fatigue; recover faster with post-ride stretches
- Always warm-up muscles before stretching; cold stretching can cause injury

2. Be careful

- Never attempt these stretches while riding in a group or paceline situation
- Check for traffic, slow down and maintain control of your bicycle
- Attempt only on smooth, flat, dry pavement

3. Lower and middle back

- With one hand on the bar, reach back and place your forearm across your lower back
- Twist your upper body toward the hand that is behind you; hold for 5 seconds
- Look over your shoulder and move that shoulder back while moving the other forward

4. Shoulder and neck

- Reach across chest to opposite shoulder as far as comfortable; hold for 5 seconds
- Lift shoulders towards your ears until you feel tension
- Hold for 5 seconds, then slowly roll back to original position

5. Fingers and forearms

- Place hand on hip, palm down, fingers up; straighten elbow to stretch for 10 seconds
- Place fingers on handlebar and push down to stretch forearms; hold for 5 seconds
- Bend hand back as far as possible; rotate wrist back and forth; hold for 5 seconds

6. Face and jaw

- Open your mouth in an "O" then move your lips right to left to stretch cheek muscles
 - Open your mouth wide to stretch jaw muscles
 - Never clench your teeth while riding

7. Back

- Arch your back while lowering your head slightly
- Then straighten your back and lift your head up to straighten your spine
- Hold each for 5 seconds; perform both stretches consecutively

8. Legs

- While coasting, straighten one leg in the 6 o'clock position and drop your heel
- In the 3 and 9 o'clock position, stand and drop both heels; switch feet and repeat
- Hold each stretch for 10 seconds and repeat