STRETCHING FOR CYCLING

Over the past decade it has become increasingly apparent that an efficient aerodynamic riding position can aid performance, whether you are a time trialist, general road cyclist or a triathlete. Assuming and maintaining that aero posture however can be challenging without good flexibility. These stretches will help done regularly before and / or after your cycle will help achieve good bike posture and relieve post-ride muscle soreness.

YOUR STRETCHING PROGRAMME

This exercise programme has specific stretches to target key muscles. It is important to ensure the stretches are performed with good technique. Poor practice may place potential strain on your body.

GUIDANCE FOR STRETCHING EXERCISES

Hold all the stretches for 20 seconds each and repeat them five times. It is important to stretch both sides where applicable to reach a similar point of flexibility.

FOAM ROLLER SPINE AND SHOULDER STRETCH

Go onto all fours, and place your hands on a foam roller. Gently contract your deep abdominal muscles to maintain a neutral lumbar spine as your roll the roller forwards. Go as far as feels comfortable to create a stretch to the shoulders and spine.



SETS	REPS

STANDING EXTENSION

Standing up with good posture, extend your back by arching your spine backwards. You can place your hands in the small of your back for support if you require. Start gently, and keep the exercise within your comfort zone.



SETS	REPS

Video:
http://youtu.be/BeVqpwxfAdY

HAMSTRING STRETCH 3

Standing up, place your foot on a chair or Swiss ball. Keep your leg straight. You should feel a stretch behind your knee and into the back of your thigh. Lean forwards and try to touch your toes. Hold this stretch, and relax.



SETS	REPS

Video:
http://youtu.be/LMGct07jJwY

THE CAT

Adopt the four point kneeling position. Place your hands directly underneath your shoulders, with your knees between your hips. Exhale as you tuck your pelvis underneath you, gently rounding your lower back. Continue this movement, allowing your upper back to round, followed by your neck, allowing it to nod slightly forward. Inhale and maintain this position. Exhale as you slowly flatten out your spine, sending your tailbone away from you, lengthening your spine and neck back to neutral.



SETS	REPS

Video:
http://youtu.be/od-jBFCQFV0

SITTING EXTENSION

Support your neck by placing your hands Interlocked behind your neck. Rounds you lower back slightly, to focus the movement to the upper back, and slowly bend backwards.



SETS	REPS

Video:
http://youtu.be/Si0OKWUogJk

HIP FLEXOR STRETCH 3

Perch on a bed, or a sturdy table, and hold one knee on your chest, while your other leg flops down over the end of the bed. You should feel a stretch into the front of your thigh..



SETS	REPS

Video:
http://youtu.be/HQ98cQN6yyI

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