

Stretches for cyclists

1. Down Dog. Pedal the heels down towards the mat, tilt the pelvis up towards the ceiling and push the head and chest towards the knees. This stretches the whole posterior chain of muscles. Hold about 30 secs, then relax and repeat 3 to 4 times.
2. Lie face down, squeeze the Glutes to protect the back, slowly push the chest off the floor, don't force it. This stretches the Abdominals and diaphragm. Hold for a long out breath, lower on the in breath, about 5 times.
3. Calf stretches leaning onto the wall. Keep the feet parallel and hip width apart. Lean forward with the head looking ahead until you feel a pull in the calf. Move between a straight back knee and a bent back knee and hold whichever feels tightest for 30 seconds 3 times.
4. Hip flexor and Quadriceps stretch with the option to place the shin on a roller or big cushion and to side flex away from the front bent knee. Breathe and hold for about 1 to 2 minutes.
5. Glutes (Hip) you have two choices. Be sure to flex the knee fully before twisting the hip. The figure 4 position on the back also stretches the opposite Hamstring, the Pigeon pose on the front stretches the opposite hip flexor. Choose the one that suits your need and ability. On pigeon pose you can see that Graham advanced the stretch with a rolled towel under his front shin. Hold and breathe for 1 to 2 minutes.
6. Hamstrings seated, reaching the arms up & forward and keeping the spine straight, you can use a band around the foot or advance the stretch by placing the foot on a roller.
7. Neck and shoulder. Sit firmly on one hand on the floor or a chair and push the same side shoulder down towards the hand. Side bend the head away and reach the free hand away from the body to increase the stretch. Breathe and hold about 1 minute.
8. Thoracic spine and shoulders. Cradle the head firmly in your hands so it is fully supported, lie back over a roller or tightly rolled up towel. The soles of the feet together to get additional hip adductor stretch. Breathe slowly and deeply using the diaphragm for 6 breaths. CAUTION:- take care with this if you suspect you may have bone density issues, see me at the end of the session to discuss.