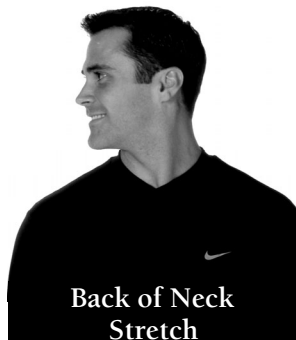


# STRETCHING FOR CYCLING/MOUNTAIN BIKING

*The “Super Six Rules” to Stretching Successfully:*

- 1 • Warm up (Walk on the spot for 1 to 5 minutes)
- 2 • Hold each stretch one repetition for 30 seconds
- 3 • Do not bounce ( Hold in Comfortable position)
- 4 • Be Gentle (No Pain)
- 5 • Breathe Deeply
- 6 • Stretch both sides equally



Back of Neck Stretch



Front of Neck Stretch



Back of Shoulder Stretch



Shoulder/Rotator Cuff Stretch



Middle Chest Stretch



Front of Shoulder Stretch



Squatting Chest Stretch



Back of Shoulder/Rotator Cuff Stretch



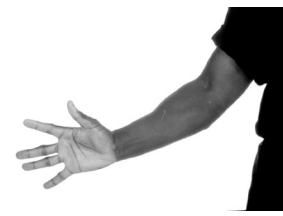
Wrist Extension Stretch



Wrist Flexion Stretch



Closed Hand Stretch



Open Hand Stretch

**Most Common Injuries:** Toe and ankle fracture; hip strain; buttock spasm; neck, shoulder and forearm muscle strain; lower neck joint jamming; nerve damage/compression in the hand and forearm



**Lower Buttock Stretch**



**Lying Hamstring Stretch**



**Back Flexion Stretch**



**Back Extension Stretch**



**Pelvic Tilt Low Back Stretch**



**Thigh Stretch**



**Outer Calf Stretch**



**Hip Flexor/Psoas Stretch**



**Half-Kneeling Shin Stretch**



**Outer Ankle Stretch**



**Inner Ankle Stretch**

**“To maintain flexibility, we recommend that all of these stretches be completed during and/or after your activity. The cool-down stretch routine will eliminate lactic acid from your muscles and therefore decrease stiffness and soreness as a result of exercise.”**

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