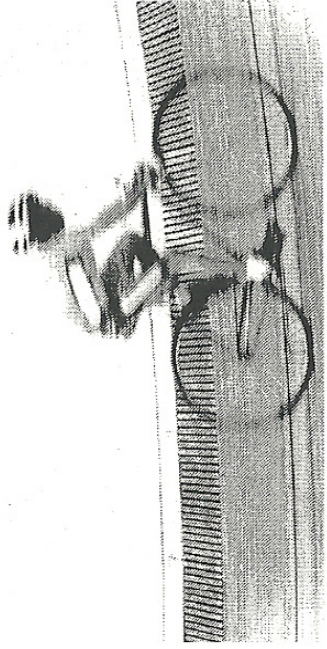











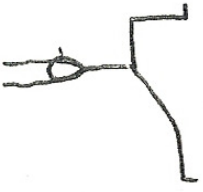





Cycling



Cyclists adopt a posture that rounds the back and shortens the front of the body. This can have a detrimental impact on posture and breathing. The front of the body can become shortened, and the back lengthened, but not necessarily strong. Neck may also be hyper-extended in riding position and then held forward of the in standing body, causing neck and shoulder muscles to become tight as they hold the head up rather than it being balanced on the top of the spine. Often saddle position means that the peddling position does not include a full range of motion for the legs, leading to strength, but also a shortening of quads and hamstrings. This peddle motion is also in one plane of movement, up and down, using the hips as a hinge joint. In addition most of the muscles crossing the hips are working and shortened while cycling. Therefore hips will become stiff without balancing exercise to maintain/increase ROM.

	HIPS		HIPS & PSOAS		CAT
	PIGEON R/L		SHOULDERS		GOMUKASANA
	DOWN DOG				BACKBEND TO UTTANASANA
	TADASANA + CORE & BALANCED HEAD				WARRIOR - VARIATION - MOD CRESCENT MOON
					SPHINX OR COBRA