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HANDY STRETCHING GUIDE FOR RIDERS

another eBook by Heather Sansom, MA, PTS

It is strongly recommended that riders stretch before riding to loosen areas tightened and shortened through other activities (or lack of activity as in sitting at a desk all day). Stretching before riding will unblock your joints, and free you to hold and use your body the way you want to. Stretching is recommended on a daily basis, before and after riding, and especially between multiple rides to maintain correct posture, avoid cumulated tightness, and repetitive strain.

This quick reference sheet provides some easy to do pre- and post-ride suggestions.

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