

WHEN IT COMES TO STRETCHING - DON'T SKIMP

We all know that stretching does a body good. In addition to keeping your body limber, it has a host of benefits that not only help improve your performance in Spinning® class, but also reduce muscle soreness, tension, risk of injury and contribute to overall good health.

Incorporating flexibility training into your training plan doesn't take a lot of time, and the benefits are immeasurable. The safest type of stretch for flexibility training is a slow, sustained stretch. Always stretch slowly, to the point where you feel mild discomfort. To experience maximum benefits, hold each stretch for 30-60 seconds and breathe deeply through your nose. Avoid bouncing, which can lead to injury. Most importantly, always stretch off the bike!

STRETCHES

Hamstrings

1. Place one foot on the bike between the handlebars and the seat and find a position where your balance on your supporting leg is stable.
2. Slightly bend your supporting leg.
3. Square your hips so both hip bones "face" forward.
4. As you exhale, bend forward from your hips and bring your straight torso toward your straight leg.
5. Relax and breathe as you stretch. Switch legs after 30-60 seconds.

Quads

1. Hold onto the bike with one hand, using the bike for balance.
2. Grasp the top of your foot or ankle with your free hand and bring your heel as close to the buttocks as possible.
3. As you exhale, pull your abdominals in and tuck your hips underneath you.

4. Hold the stretch and breathe. Switch legs after 30-60 seconds.

Calves

1. Standing directly behind the Spinner®, place the sole of one foot against the bottom of the frame, heel down.
2. Stand erect and lean slightly into the bike until you feel a stretch in your calf muscles.
3. Hold the stretch and breathe. Switch legs after 30-60 seconds.



Hip Flexors

1. Assume a lunge position.
2. Place back knee on a towel.
3. Make sure front knee is directly over the foot and ankle.
4. Hands may be placed comfortably on the front thigh.
5. Abdominals are in and hips tucked under.
6. Hold the stretch and breathe. Switch legs after 30-60 seconds.

Lower Back

1. Start in an all-fours position with your knees hip-width apart, and hands shoulder-width apart.
2. Align your hands under your shoulders and your knees under your hips.
3. Point your fingers forward, being careful not to lock or hyperextend your elbows.
4. Gently round your back and lengthen your spine and shoulders.
5. Allow your chin to drop slightly lower

than a neutral position.

6. Feel the stretch throughout the curve of your spine.
7. Hold the stretch and breathe for 30 seconds.

Glutes

1. Stand facing the bike about 2-3 feet away and place a hand on handlebar for stability.
2. Stand on one leg and rest the other foot above the knee of your standing leg.
3. Flex the knee of your standing leg and allow your hips to sink back.
4. Feel the stretch in the glutes area of the crossed leg.
5. Hold the stretch and breathe for 30-60 seconds.

Iliotibial Band

1. Stand facing the bike about 2-3 feet away and place a hand on the bike for stability.
2. Stand on the outside leg (farthest from the bike) and cross the other foot in front of your ankle.
3. Support most of your weight on the outside leg.
4. Push hip of supporting leg to the side and allow the other hip to drop slightly.
5. Stretch should be felt along the length of the iliotibial band of supporting leg.
6. Hold the stretch and breathe for 30-60 seconds.

Limber up! Ask your Spinning Instructor to show you these stretches and more. For more information and helpful tips, please visit www.spinning.com.

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