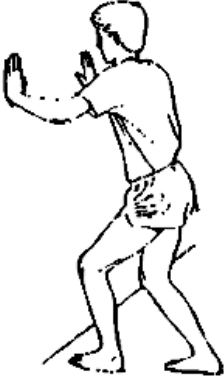









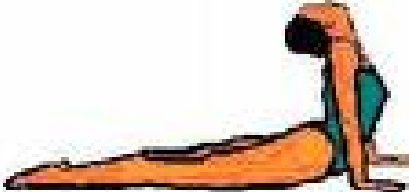
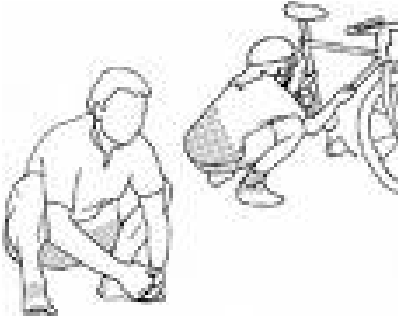






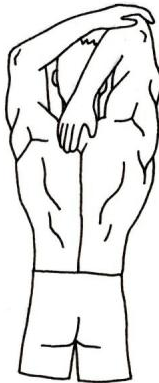
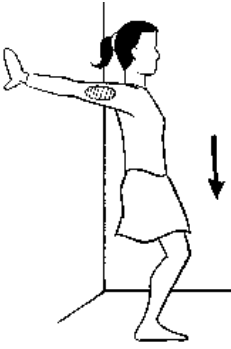
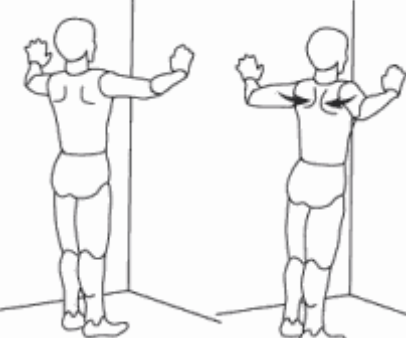


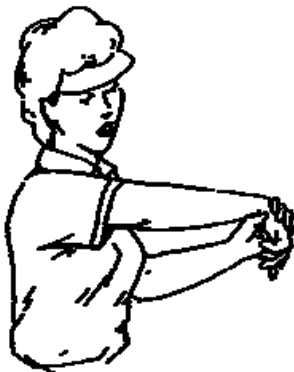


CYCLING STRETCHING PROGRAM

Hold each stretch for 30 seconds and repeat x3 times per week and start within 10 minutes following exercise

 <p style="text-align: center;">Calves (soleus)</p>	 <p style="text-align: center;">Calves (gastrocs)</p>	 <p style="text-align: center;">Hamstrings with neutral lumbar spine</p>
 <p style="text-align: center;">Quadriceps</p>	 <p style="text-align: center;">Hip flexors</p>	 <p style="text-align: center;">Hip internal rotation</p>
 <p style="text-align: center;">Gluteals</p>	 <p style="text-align: center;">TFL/ITB</p>	 <p style="text-align: center;">Short adductors</p>
 <p style="text-align: center;">Lumbar spine flexion (Child's pose)</p>	 <p style="text-align: center;">Lumbar spine extension (Cobra)</p>	 <p style="text-align: center;">Lumbo-sacral flexion</p>

 <p>Thoracic spine extension</p>	 <p>Thoracic extension 2</p>	 <p>Spinal rotation</p>
 <p>Cervical lateral flexion (upper fibers of trapezius)</p>	 <p>Lateral flexion, forward flexion and opposite rotation (Levator scapulae)</p>	 <p>Neck flexors – chin to ceiling</p>
 <p>Triceps</p>	 <p>Biceps (thumbs pointing down)</p>	 <p>Chest – or clasp hands behind back</p>
 <p>Posterior shoulder / posterior deltoid</p>	 <p>Wrist flexors (start with bent elbow and finish straight)</p>	 <p>Wrist extensors (start with bent elbow and finish straight)</p>