

PELOTONIA® INJURY PREVENTION EXERCISES

After cycling, stretching and foam rolling can help reduce tightness and muscle soreness to help with your recovery. Some common stretches for cyclists include (hold stretches for 30 seconds):



HAMSTRING

Place your foot on a small stool or step with your toes pointing up and your knee straight. Slowly lean forward at the hips, maintaining good posture through the trunk, until a stretch is felt in the back of your thigh.



PIRIFORMIS

Lying on your back, cross your legs and place your ankle on your opposite knee. Gently pull upward behind the thigh on the bottom leg into the chest until a stretch is felt in the buttock/hip.



IT BAND

In a standing position, cross one leg over the other and then lean in the direction of the back leg until a stretch is felt in the outside of the hip.



HIP FLEXOR

Take a knee on the ground, with one foot forward. Gently shift weight forward, extending the hip of the leg that is kneeling. Keep your shoulders and chest up, do not arch your back.

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QUADRICEPS

Standing up straight, hold onto something for balance. Grasp one ankle with the same hand and pull your ankle close to your buttock by bending your knee, until a stretch is felt on front of your thigh.



GASTROCNEMIUS

Start standing in a lunge position, with the back leg straight and the front knee bent. Slowly lean forward into a wall, keeping the heel of the back foot on the ground. Lean forward until you feel a stretch in the calf muscle of the back leg.



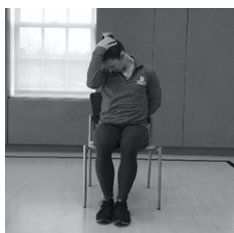
SOLEUS

Start standing in a lunge position with both knees bent, and then lean forward into a wall until stretch is felt in lower calf or Achilles.



UPPER TRAPEZIUS

Sitting or standing, place one hand on your lower back. With your other hand, gently grasp opposite side of head and bend toward that arm until a stretch is felt on opposite side of your neck.



LEVATOR SCAPULA

Sitting or standing, place one hand on your low back. Look down towards your opposite armpit. With your hand, gently grasp the opposite back side of your head, and give gentle overpressure down and sideways until you feel a stretch in the back corner of your neck.



CHILDS POSE

Sitting back on heels as far as you are comfortable, bring the chest down toward the floor and feel a stretch in the low back and shoulders. You can lean to one side to stretch out one side more aggressively.

Some common foam rolling techniques for cyclists include (perform for 3-5 minutes):



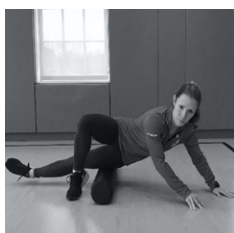
HAMSTRING FOAM ROLLING

Use arms and opposite leg to support you, rolling the back of your thigh from buttocks to knee.



QUADRICEPS FOAM ROLLING

Use arms to support you, and allow front of thighs to sink into foam roller. Roll from top of knee all the way up to your hip.



IT BAND FOAM ROLLING

Lie on the side you want to roll, and cross other foot over that leg. Using foot that is flat on ground and your hands, roll from outside of knee all the way up to outside of hip, allowing the leg being rolled to relax completely.