



## STRETCHES FOR CYCLISTS: PRE-& POST RIDES

We get asked all the time “**What’s the best stretches/exercises for me to do prior and/or post-ride?**”

The following pages are stretches that every cyclist should do **before** and **after** each ride. These stretches will help warm up the psoas (hip flexors), hamstrings, glutes, lower back, calves and quads. But remember, when your muscles are cold, don’t over-do the stretching. Sometimes it’s better to do an active warm up like walking or jogging around the block prior to stretching.

### **Rick Schultz, DBA**

[Bike Fitting Educator](#)

[Bike Fitness Coaching Master Fitter](#)

[Peaks Coaching Group Elite Coach](#)

[Certified Power Based Trainer](#)

[Certified Skills Instructor](#)

[Leomo Type-R motion capture certified](#)

[USAC Beginner Racer Program \(BRP\) Instructor](#)

[Bike Fit Certified – IBFI \(level 3\), ISCO, IBFI, Guru, Trek](#)

[Certified Personal Trainer](#)



AMY SCHULTZ,  
DPT, CSCS

CULVER CITY/PLAYA VISTA, CA  
CLINICAL DIRECTOR,  
COSTA MESA, CA

EDUCATION:  
SAN DIEGO STATE UNIVERSITY,  
BS, KINESIOLOGY, INTERDISCIPLINARY STUDIES  
UNIVERSITY OF CALIFORNIA, SAN FRANCISCO/  
SAN FRANCISCO STATE UNIVERSITY,  
DOCTORATE, PHYSICAL THERAPY

CERTIFICATIONS:  
CERTIFIED STRENGTH AND CONDITIONING  
SPECIALIST

PROFESSIONAL INTERESTS:  
ROTARY FORCE ATHLETES, BOARD SPORTS,  
YOUTH SPORTS INJURY PREVENTION, RUNNING,  
BIOMECHANICS, BIKE FITTING, PELVIC FLOOR

PERSONAL INTERESTS:  
SURFING, TRAVELING, COOKING, BEING ACTIVE  
OUTDOORS, D1 TRACK, ELITE FEMALE CYCLIST

# STRETCHES PRE-RIDE and/or POST RIDE

## BRIDGES



## SINGLE LEG PULL TO CHEST

OPTION 1



OPTION 2



## PIRIFORMIS STRETCH

#1



#2

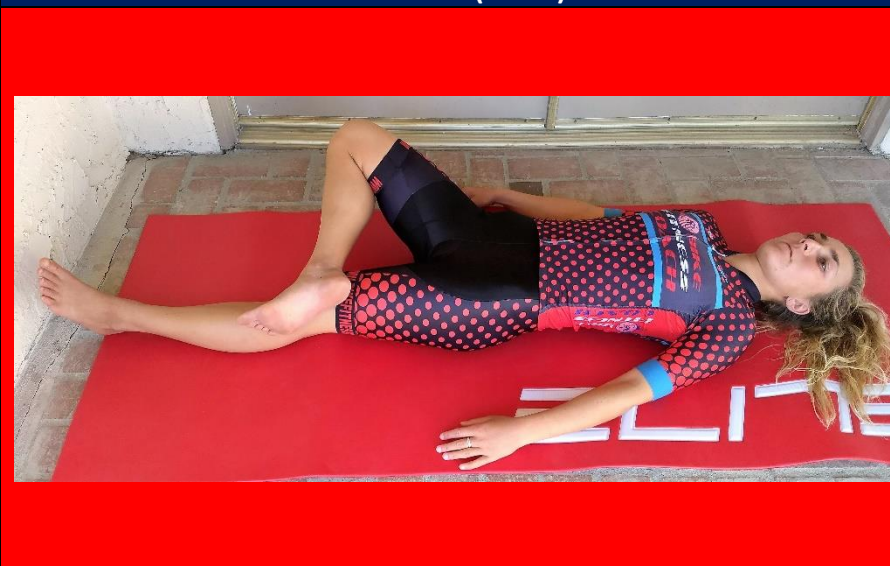


## ADDUCTOR STRETCH

OPTION 1 (PUSH)



OPTION 2 (PUSH)



## HAMSTRING STRETCH

START



FINISH



## LOWER BACK STRETCH

START



FINISH



## LOWER BACK STRETCH

START



FINISH



## LOWER BACK & LATISSIMUS DORSI STRETCH

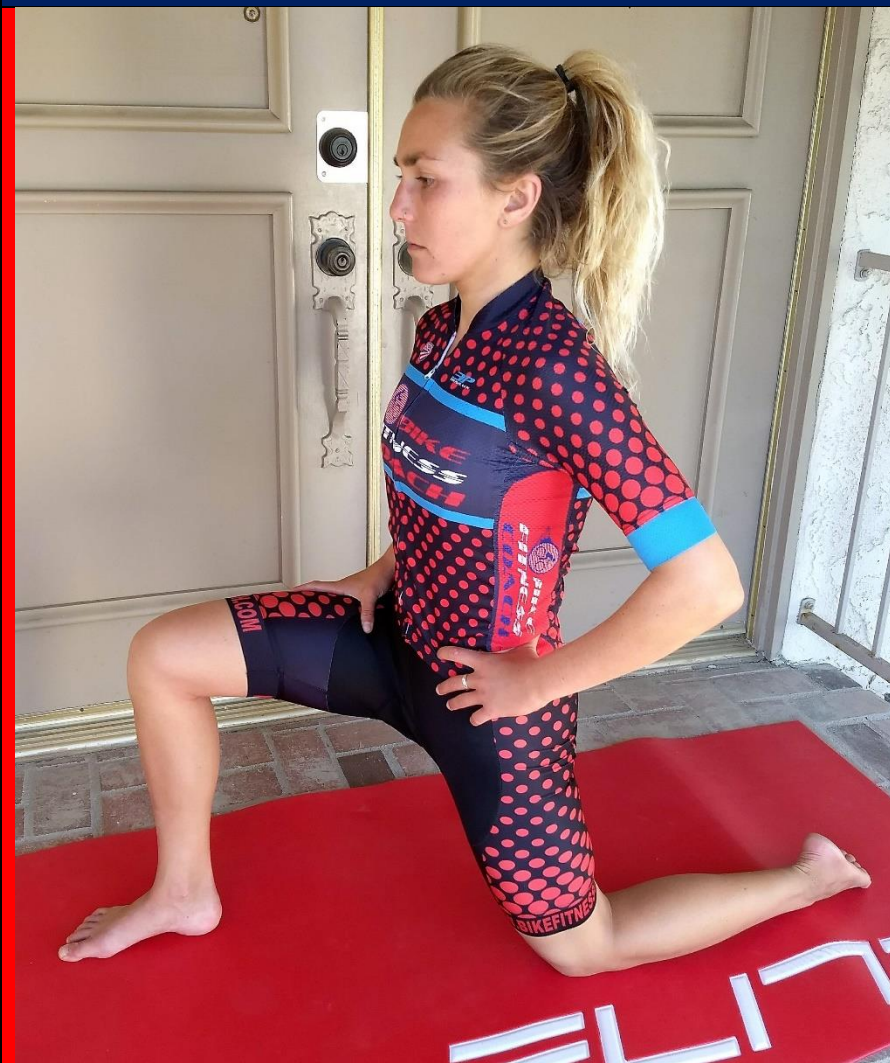
DEEP STRETCH





## QUADRICEPS & HIP FLEXOR AND OBLIQUE STRETCH

ROTATE PELVIS UNDER

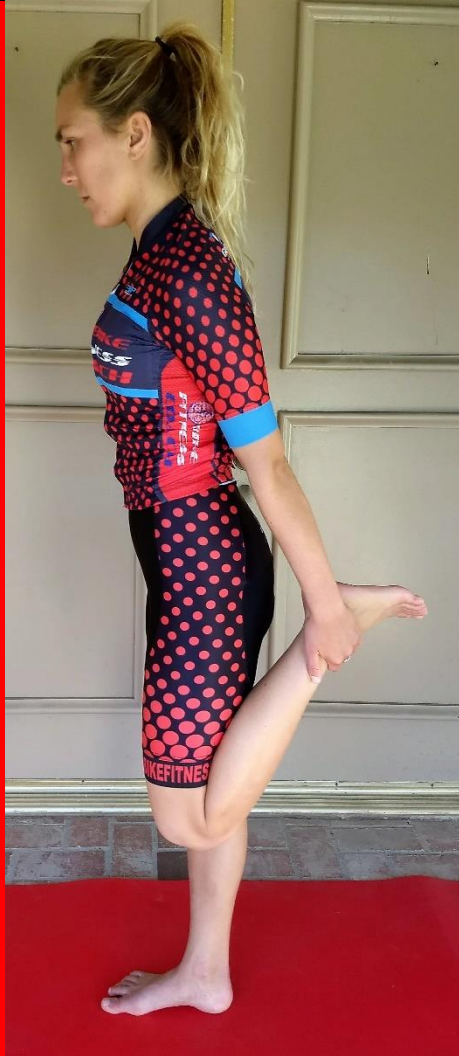


OPTION: ADD SIDE STRETCH

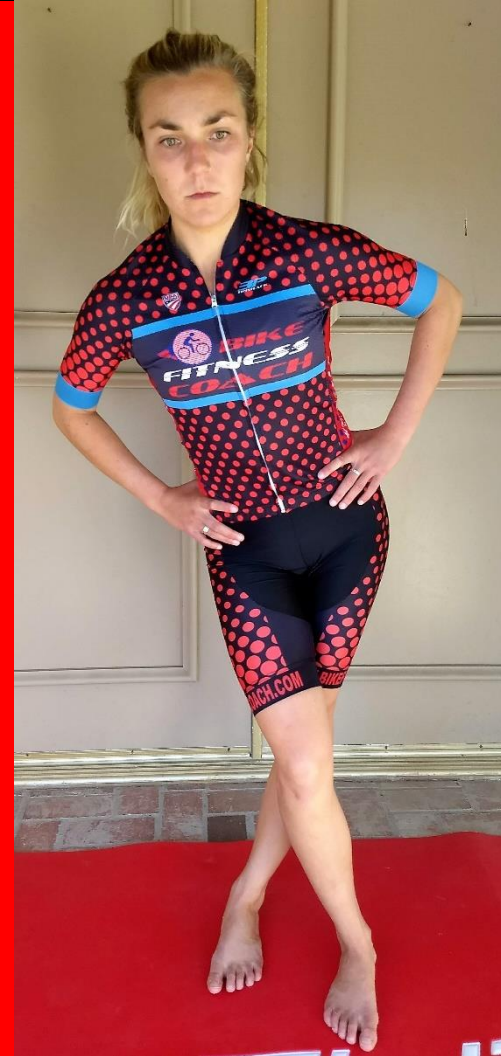


## QUADRICEPS & TENSOR FASCIAE LATAE (TFL) STRETCH

QUADS



HIP FLEXOR



## GASTROCNEMIUS/SOLEUS (CALF) STRETCH

OPTION 1



OPTION 2

