



Post Ride Stretch

Presented by Jane Vaganek, M.S.

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Spinning® classes are an excellent way to strengthen the cardiovascular system and strengthen the major muscles of the lower body. However, any repetitive movement done over time shortens and tightens the skeletal muscles involved. Tight muscles reduce joint range of motion and can eventually lead to injury. Completing a cycling class with the appropriate yoga poses to open up specific areas of the body will release tension, improve efficiency and increase muscle flexibility and joint range of motion.

The following muscles should be targeted during the post-ride stretch:

- Anterior deltoids
- Pectorals
- Abdominals
- Intercostals
- Erector Spinae and supporting back muscles
- Hip Flexors
- Quadriceps
- Hamstrings
- IT band
- Calves

The post-ride stretch is also an excellent time to integrate balance and stability exercises, core strengthening and simple breathing (pranayama) techniques. The following poses will be reviewed, specifying the muscles that are being stretched and opened. Additional benefits of each pose, and how this can benefit the cyclist's body, may be reviewed.

- Chest expansion
- Cat/Cow
- Cobra
- Camel
- Knot
- Lateral flexion
- Crescent lunge
- Dancer pose
- Warrior I and II
- Standing pigeon
- Cradle the baby
- Seated double pigeon
- Butterfly
- Cows face pose
- Abdominal work
- Bow
- Standing forward fold
- Seated forward fold
- Down dog
- Seated spinal twist

Practicing these poses at the end of the ride will help participants feel rejuvenated, relaxed and refreshed. Cyclists who practice these poses regularly will see increases in flexibility, strength and balance, which will make riding more comfortable and efficient over time. The post-ride stretch can be as short as 5-7 minutes or as long as 20-30 minutes, depending on the class goal and needs.

Finish every class with a few minutes of breathing, in and out through the nose, to create a sense of focus and calm.

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**Please remember to submit a session evaluation.
Your feedback is important to us!**