



Precision Stretching

Presented by Iona Passik

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**Objective:** Instructors will learn stretches specific to Spinning® that might not have been thought of before. Participants will also learn how to properly use the bike to assist in stretching.

Why Stretch:

Injury prevention

Increase range of motion = improved performance

Maintain Flexibility

Release physical, emotional and mental stress

Muscle Groups That Require Special Attention for Spinning participants:

**Lower Body**

Hip flexors

Piriformis

Quadriceps

Ham Strings

Gastrenemous

Tibialis Anterior

Ankles/Feet

**Upper Body**

Spine

Arms (biceps and triceps)

Rhomboids

Trapezius

Latissimus Dorsi

Deltoids

Challenge:

Time

Resistance to Stretching

Solution:

Education

One step

One stretch at a time

Ride and Demonstration

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