Prep to Race, Part I
Presented by Meg McNeely
spinningmeg@hotmail.com
Sunday, June 1, 2008 7:00 AM–8:00 AM

The Benefits

Risks of Not Warming Up

The Research

- Injury
- Flexibility/range of motion
- How long to warm up
- Intensity
- Stretching
- Specificity

Old Method

New Method

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