

## The Top 3 Cycling Stretches

Stretching is one of the most under-utilized techniques for improving athletic performance, preventing sports injury and properly rehabilitating sprain and strain injury. Don't make the mistake of thinking that something as simple as stretching won't be effective.

Stretching is essential to overall conditioning and should be an integral part of any training routine. Due to the long period of time spent in the same position, stretching is very important to the cyclist, both pre- and post-training. Stretching can be a powerful rehabilitation tool, as well.

Below are 3 of the most beneficial stretches for cycling. Obviously there are a lot more, but these are a great place to start. Please make special note of the instructions beside each stretch.



***Kneeling Quad Stretch:*** *Kneel on one foot and the other knee. If needed, hold on to something to keep your balance and then push your hips forward.*



***Single Heel-drop Achilles Stretch:*** *Stand on a raised object or step and place the ball of one foot on the edge of the step. Bend your knee slightly and let your heel drop towards the ground.*



***Lying Knee Roll-over Stretch:*** *While lying on your back, bend your knees and let them fall to one side. Keep your arms out to the side and let your back and hips rotate with your knees*

