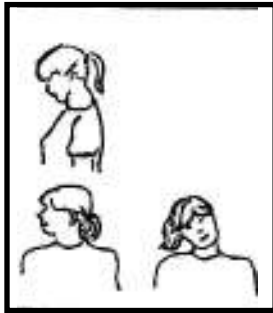


## **TIP OF THE WEEK # 5**

### **🚲 Stretch**

**The following are stretches that will help you avoid of the physical pitfalls familiar in cycling :**

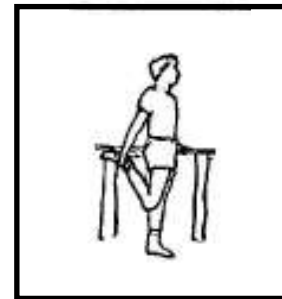


**NECK STRETCHES**  
The three stretches depicted here are:

1. Front and back tilt
2. Side to side rotation
3. Side to side tilt



**SHOULDER STRETCH**



**QUADRICEPS STRETCH**



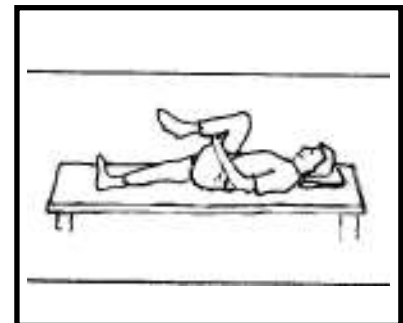
**CALF STRETCH**

**Emphasis is on foot to the rear. With weight balanced on front foot, bend rear knee to stretch calves and achilles tendon**



**HAMSTRING STRETCH**

**Notice that this stretch is performed with a flat back and the forward movement that creates the stretch in the extended leg comes from a tilt forward of the hips.**



**LOW BACK STRETCH**

**Pull your knee to your chest.**