We all know that stretching does a body good. In addition to keeping your body limber, it has a host of benefits that not only help improve your performance in Spinning® class, but also reduce muscle soreness, tension, risk of injury and contribute to overall good health.

Incorporating flexibility training into your training plan doesn’t take a lot of time, and the benefits are immeasurable. The safest type of stretch for flexibility training is a slow, sustained stretch. Always stretch slowly, to the point where you feel mild discomfort. To experience maximum benefits, hold each stretch for 30-60 seconds and breathe deeply through your nose. Avoid bouncing, which can lead to injury. Most importantly, always stretch off the bike!

WHEN IT COMES TO STRETCHING - DON’T SKIMP

1. HAMSTRINGS
   - Place one foot on the bike between the handlebars and the seat, and find a position where your balance on your supporting leg is stable.
   - Bend your supporting leg slightly.
   - Square your hips so both hip bones “face” forward.
   - As you exhale, bend forward from your hips and bring your torso straight toward your straight leg.
   - Relax and breathe as you stretch.
   - Switch legs after 30-60 seconds.

2. QUADS
   - Hold onto the bike with one hand, using the bike for balance.
   - Grasp the top of your foot or ankle with your free hand and bring your heel close to the buttocks.
   - As you exhale, pull your abdominals in and tuck your hips underneath you.
   - Hold the stretch and breathe.
   - Switch legs after 30-60 seconds.

3. CALVES
   - Standing directly behind the bike, place the sole of one foot against the bottom of the frame, heel down.
   - Stand erect and lean slightly into the bike until you feel a stretch in your calf muscles.
   - Hold the stretch and breathe.
   - Switch legs after 30–60 seconds.

4. HIP FLEXORS
   - Assume a lunge position.
   - Make sure your front knee is directly over the foot and ankle.
   - Hands may be placed comfortably on the front thigh.
   - Abdominals are in and hips tucked under.
   - Hold the stretch and breathe.
   - Switch legs after 30–60 seconds.

5. LOWER BACK
   - Start in an all-fours position with your knees hip-width apart, and hands shoulder-width apart.
   - Align your hands under your shoulders and your knees under your hips.
   - Point your fingers forward, being careful not to lock or hyperextend your elbows.
   - Gently round your back and lengthen your spine and shoulders.
   - Allow your chin to drop slightly.
   - Feel the stretch throughout the curve of your spine.
   - Hold the stretch and breathe for 30 seconds.

6. GLUTES
   - Sit on the floor with both legs together and outstretched in front of you, with your knees extended.
   - Bend one knee and place the foot on the floor alongside the outstretched leg.
   - With the opposite hand, hold the bent knee close to your chest and sit up tall with your spine elongated. A slight spinal twist may help you get into a position where you feel the stretch in your glutes.
   - Hold the stretch and breathe.
   - Switch legs after 30–60 seconds.

→ Limber up! Ask your Spinning Instructor to show you these stretches and more.

For more information and helpful tips, please visit www.spinning.com.

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