



## Dynamic Stretching-Pre Ride

- 5 to 10 minute warm up 1<sup>st</sup>.

**Exercise: Anterior Lunge with Twist**



**Perform:**        reps

**Complete:**    sets

**Exercise: Hip Openers**



**Perform:**        reps

**Complete:**    sets

**Dynamic Hamstring**



reps

sets

**Quad Walk**



**Piriformis**



**Perform: 10-20 steps**

**Leg Crossover**



**Scorpion**



**Perform: 10-20 each way.**

## Static Stretching- Post Ride

**ITB Foam rolling/Self massage**



**Glut self massage.**



Can do self massage to calfs, quads etc.

**Exercise: Thoracic Spine Mobility on Foam Roller**



**Perform: Static hold 1-2 minutes/spot AND/OR arm raises 10x/spot**

### **Hip Flexor stretch:**



**Perform: 30-60 second Hold; 2-3 sets**

### **Hip flexor/quad**



**Perform: 30-60sec hold; 2-3 sets**

### **Sciatic Nerve Glide**

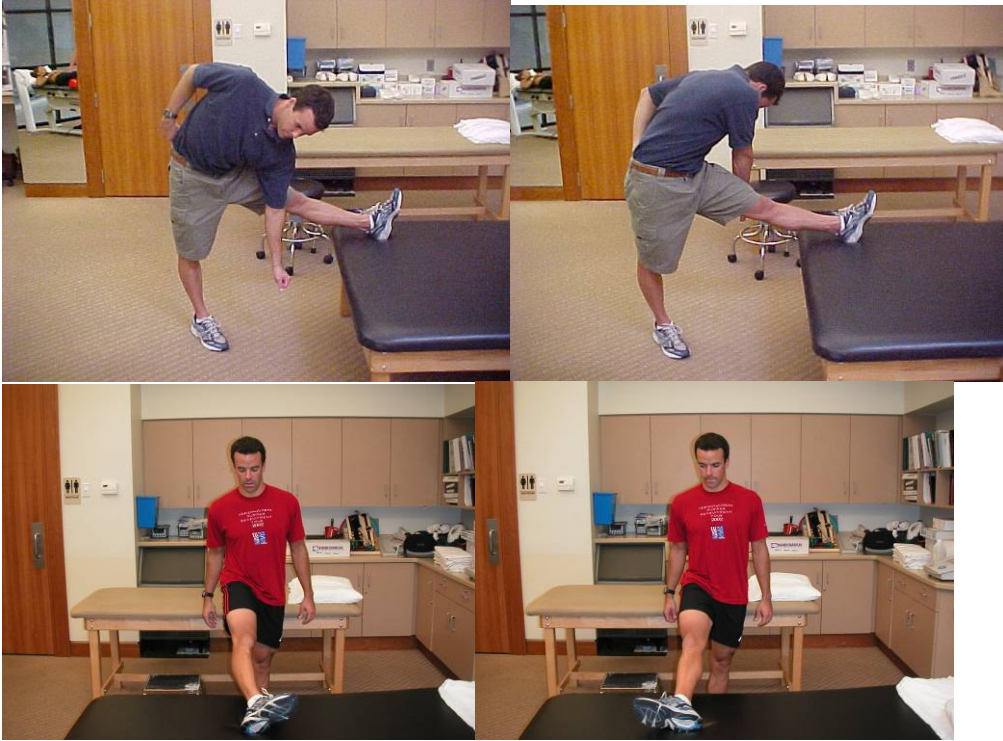


**Bring ankle up and maintain, then straighten and bend knee.**

**Perform 20-30/leg**



### **Hamstring Stretch Variations:**



**Perform: 1x 30-60 second hold/each variation**

### **Calf stretch**



### **Piriformis/Glut stretch**



**Perform: 30-60seconds 2-3 sets.**

**Questions? Contact Nate Koch PT or Wolfgang Oswald PT OCS at (480) 556-8406 or [endurancerehab.com](http://endurancerehab.com)**

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