

FOLLOW ALONG
CYCLIST FLEXIBILITY
ROUTINE

1. Cat Cow - 10 reps



2. McKenzie Push Up - 5 reps



3. Lying Thoracic Rotation - 5 reps + 20 seconds per side



4. Upward Dog - 20 seconds



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5. 90:90 PNF Stretch (Right) - 3 reps (5 seconds) + 10 seconds



6. Hip Swivel - 5 reps



7. 90:90 PNF Stretch (Left) - 3 reps (5 seconds) + 10 seconds



8. Hip Swivel - 5 reps



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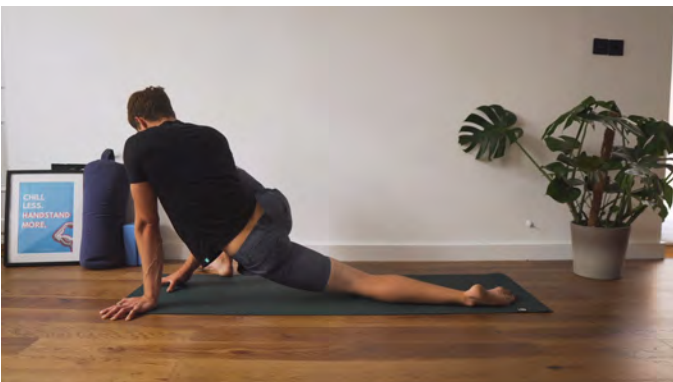
9. Walking Downward Dog - 20 reps total



10. Low Lunge Stretch - 40 seconds per side



11. Twisting Lunge Stretch - 40 seconds per side



12. Downward Dog (Hamstring Focus) - 20 seconds



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13. Seated Quad Stretch - 30 seconds



14. Childs Pose - 30+ seconds

