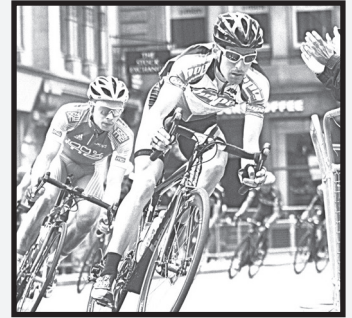
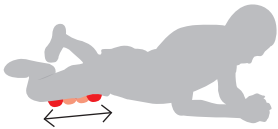


# USE re+ TOOLS TO HELP WITH YOUR CYCLING.

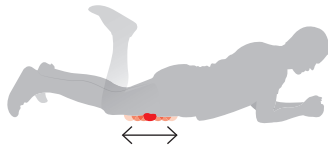


## RELEASE TECHNIQUES

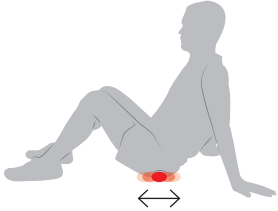
Adductor roll



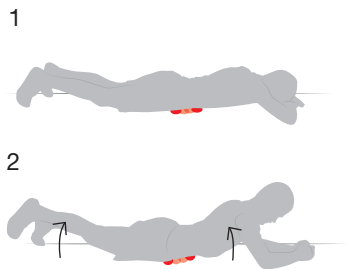
Quad roll



Glute/piriformis roll



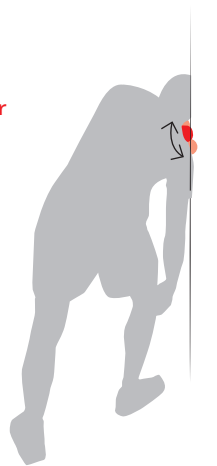
Psoas roll



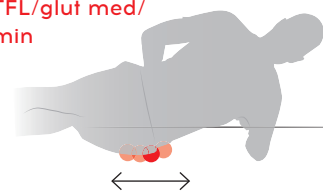
Spine roll



Upper shoulder roll



TFL/glut med/min



## STRENGTHEN TECHNIQUES

Neck press



Darts



Foot scrapes



Check out our website for detailed instructions and videos.  
This program is aimed to supplement the specific advice given to you by your experienced clinician.  
If pain increases with any activity, stop and see your professional!

# USE rechargeclass TO HELP WITH YOUR CYCLING.

We recommend these tools



EAGLE



BIRDIE



DOUBLAR



SOLO

## Warm-up

Research and practice has changed what we do to warm up our body before a tough session. Don't overdo any stretching or release of muscles that will be needed to work hard during your session. Increasing a muscle's range of motion can also reduce its power. In general, we want to gently release muscles that are tight so we can start the session with better posture and joint range of motion. Follow this up with a dynamic and/or specific warm up to fire up the muscles you need to use.

## Recovery

After a hard session, we want to reduce the stiffness and muscle pain you feel days later. The quicker we can recover, the harder we can go next session (and the more we can enjoy it). This leads to greater improvements in your performance. Treat the muscles you have just worked to return them to their full range of motion. Ones to go for after cycling include quads, glutes, hamstrings and calves. If you're training in endurance events, you may also need to treat those that have been held in the same position for a long time. These include hip flexors, chest, neck and upper traps, low and mid back.

## Pre-hab

No one likes the thought of injury, lost training time, and the subsequent frustration and loss of performance. Pre-hab is now commonplace in the elite level of sports – make it part of your training too. If you want more incentive, research suggests that appropriate and targeted pre-hab exercises can also improve your performance. Preventing injury AND making you quicker – what are you waiting for? For cycling, extra attention should be paid to the muscles prone to niggles and injury. These include hip adductors, glute med, TFL, vastus lateralis, rec fem and iliopsoas. Strengthening the muscles in your feet, mid back and deep neck flexors are also recommended.

## Common overuse conditions

Cyclists can be prone to the following conditions: low back pain, neck pain, iliotibial band (ITB) syndrome, hamstring strain and Achilles tendonitis. If you notice signs and symptoms associated with any of them, see your health professional for a complete assessment before things get worse.



### Release and Mobilise

Inherently these are passive changes that are applied to your tissue. That is, you apply a force to relaxed tissue and the tissue changes passively to this force. That change may be in relation to the length of the muscle, such as treating trigger points (**release**) or the movement of the joint (**mobilise**).

### Activate and Strengthen

These are active changes applied to your tissue. That is, the muscle we want to change does all the work. We sometimes need to use a small and subtle contraction to 'wake up' the neural pathway to that muscle (**activate**) before we can adequately add more power (**strengthen**).