Stretch Minute stretchminute.com

6 stretches for cyclists, after the ride

About 5 minutes | 6 stretches | Standing, seated or kneeling, lying down | uses a wall

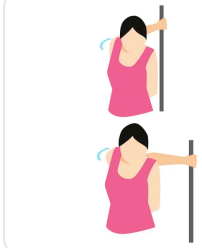
When: Straight after a ride while you are still warm, or in the evening after a long one. Move slowly into each stretch and breathe; a gentle stretch is enough.



1. Standing Quad Stretch

20 s each side

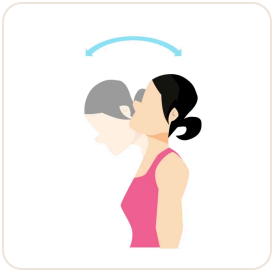
Stand tall, holding a wall if you need to. Bend one knee and draw the heel toward your seat.



2. Chest Stretch

20 s each side

Place one hand on a wall at shoulder height. Slowly turn your body away until your chest opens.



3. Chin to Chest

25 s

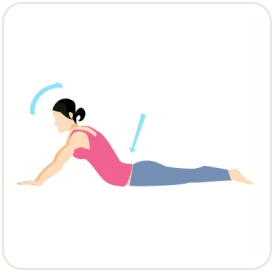
Sit or stand tall. Place a hand behind your head and gently guide your chin toward your chest.



4. Hip Flexor Stretch

25 s each side

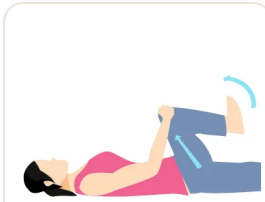
Kneel on one knee with the other foot in front. Press your hips gently forward, keeping your torso upright.



5. Cobra Stretch

25 s

Lie on your stomach, hands under your shoulders. Press up gently, lifting your chest while your hips stay down.



6. Glute Stretch

25 s each side

Lie on your back. Draw one knee toward the opposite shoulder with your hands.

Days done

	M	T	W	T	F	S	S
Week 1							
Week 2							

Do it guided, free

Scan to open "Cyclists" in the Stretch Minute app, with a timer and voice guidance.

stretchminute.com /r/cyclists

Stretch gently and stop if anything hurts. Stretch Minute is not medical advice. If you are injured, pregnant or have a medical condition, check with a doctor first.

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