

CYCLING STRETCHING

10 best stretches for cyclists



1. STANDING STRADDLE STRETCH



2. KNIGHT'S POSE STRETCH



3. FLAMINGO STRETCH



4. IT OPENER



5. KNEE HUG STRETCH



6. SHOULDER HANG STRETCH



7. LOWER TWIST STRETCH



8. FIGURE FOUR STRETCH



9. DOWNWARD DOG



10. PIGEON STRETCH