



Shoulders, back, hips & hamstrings:

Hold handlebar, step feet back until arms and legs are straight.



Shoulders, back, hips & hamstrings:

Elbows on handlebar, hands in prayer, step feet back until back is straight.



Back, hips & hamstrings:

Hold handlebar, bend knees like you're sitting in a chair.



Back of neck and shoulders:

Hold handlebar, retract chin back, keep chin parallel to horizon (side view).



by Therese Julo



WWW.THETRIPPINGYOGI.COM



Side of neck and shoulders:

Hold handlebar with 1 hand, opposite hand above ear, tilt head away from bike.



Glutes, piriformis and low back:

Hold handlebar and seat, cross leg over and rest ankle above knee, and sit.



Hip flexors and quads:

Draw knee to chest to hold ankle, then move ankle behind you.



Hip flexors and quads:

Hold handlebar with 1 hand, step outside leg back to lunge, heel up, bend inside knee.



Hamstrings:

Place 1 heel on back tire, hold seat, bend forward to rest hand on leg or toes.



Calves, ankles and achilles:

Hold handlebar/seat, straighten front leg, back knee slightly bent, keep heels down.



Calves and achilles:

Hold seat, with inside foot place ball of foot on pedal with heels on ground.



Front of neck:

Hold seat, put bottom lip over top lip and slightly tilt chin up.



by *Theresé Julo*



WWW.THETRIPPINGYOGI.COM



Front shoulders and collarbone:

Roll shoulders back/down, bring shoulder blades closer together, bend elbows.



Wrists and forearms:

Thumbs in, make fists, point knuckles toward ground.



Wrist and fingers:

Straighten arm, point fingers up, with other hand gently draw back fingers.



Knees:

Hold seat, roll some fabric in crook of knee and gently draw back on shin.