



**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 & shoulders:**

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



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**Side of neck & shoulders:**

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



**Glutes, piriformis & low back:**

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



**Hip flexors & quads:**

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



**Hip flexors & 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 & Achilles:

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



### Calves & 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 (side view).



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### Front shoulders & collarbone:

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



### Wrists & forearms:

Thumbs in, make fists, point knuckles toward ground.



### Wrist & 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.