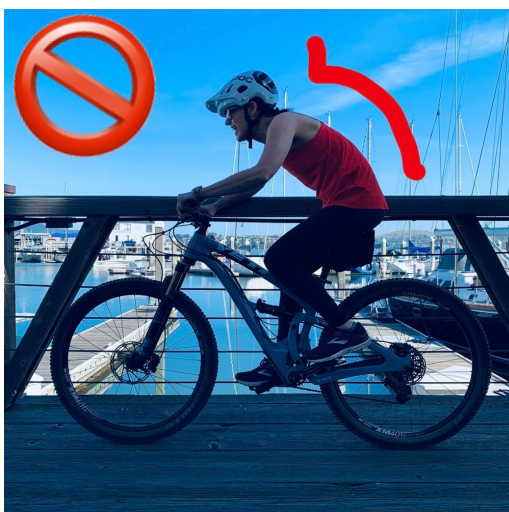


~ For a better biking body ~
 Don't do this.... Try these 3 tips!



1. Forward tip of hips

-Keep lumbar region from jamming up by tilting hips slightly forward. It can help to adjust the tip of the bike seat forward a bit as well

-Visualize your pelvis as a bowl of liquid, and "pour" in front of you

-Find the "just right" position - too much will pinch hip tissues

2. Stacking of vertebral blocks

-Sit TALL through your spine

-Make micro-adjustments; dynamically adjusting hips, arms, and eyes

-Extend the neck from the line of the spine

-Be a swan (long neck), not a turtle (compressed neck)



3. Anchoring down of shoulder blades

-Give your neck some room! Use mid-back and upper core musculature to depress shoulder blades back and down

-Bend elbows slightly

-Stay light in the hands, relying on core and back muscles