



## Getting the Most Out of Your Rides

*By Lamont Fish, Personal Trainer - Seattle Athletic Club Northgate*

When pedaling a bike for long periods of time we hold fixed positions for an extended time. A good way to develop this kind of strength is by doing isometric training. An isometric is when a muscle contracts without changing length.

### A few good exercises to try are:

**WALL SQUAT** - try squatting down against a wall and hold that position for as long as you can. This exercise will focus on lower extremity strength as well as muscle endurance where two wheel junkies need it the most.

**STATIONARY LUNGES** - standing in a lunge position working on one side at a time, drop the trailing knee towards the ground but not touching. This exercise can be done in repetitions or as an isometric by holding the down positions for as long as you can.

**STEP-UPS** - using a 12"-18" step, bench, or box-place your right leg on the platform, use that leg to step on the platform holding the left leg up in the air at a 90 degree angle, pause at the top to add a balance component and step back down with the left leg. Repeat 10-20 times and switch legs.

All of these exercises can be done with weight by holding dumbbells, bars, or Medicine Balls. Adding weight will give some upper body work as well as create stabilization challenges to achieve correct form. Now that you're feeling strong we should focus on stretching.

## TRAINER TIPS

Four muscle groups that you should stretch after each ride.

- 1) Quadriceps
- 2) Glutes
- 3) Hamstrings
- 4) Calves

### Safety on the road and mountain

Everyone should ride with a properly fitted helmet that doesn't slide around on your head. A good pair of biking gloves to protect your hands when we fall and a basic first aid kit in the event of a crash should also be part of your riding kit.

When braking remember not to lock the brakes, but apply them smoothly and firmly without locking the wheels. Locking your brakes causes skidding and drastically minimizes control.

Hydration. Finally the amount of water you need depends partly on the ambient temperature. A general rule is to consume 8 ounces of water every half hour. If you are out of shape, remember that your body temperature can fluctuate rapidly if you are not hydrating properly. Because we lose valuable electrolytes during an extended bike trip, electrolyte replacement drinks can be useful and taste better than they did in the past.

*For more personalized recommendations talk with Lamont Fish, or one of our other well qualified personal trainers at the Club.*