

MOUNTAIN BIKE-DAILY MOVEMENT



PUSH UP

10 times



LATERAL ARM RAISES

3 times hold for 30 seconds

Step 1



Step 2



Step 3



Step 4



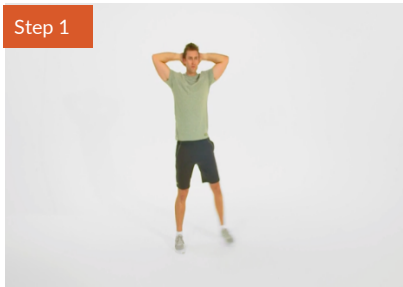
Step 5



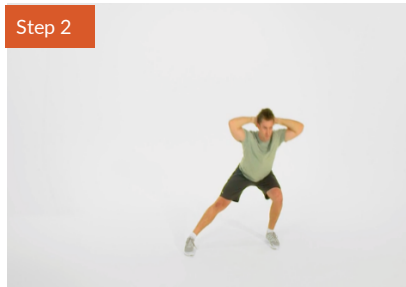
LAT LUNGES

5 times each limb

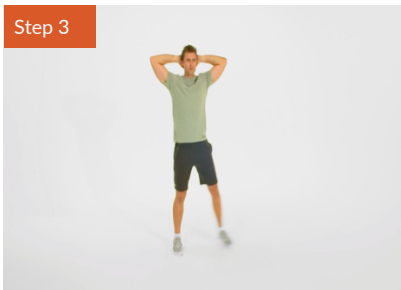
Step 1



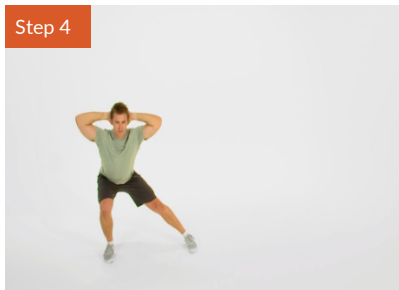
Step 2



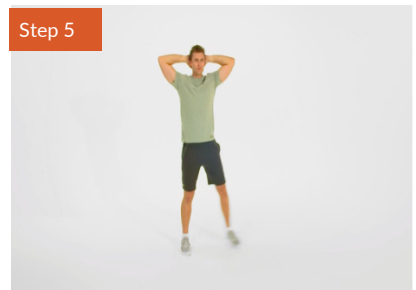
Step 3



Step 4



Step 5



CAT AND COW

5 times each

Step 1



Step 2



Step 3



Step 4



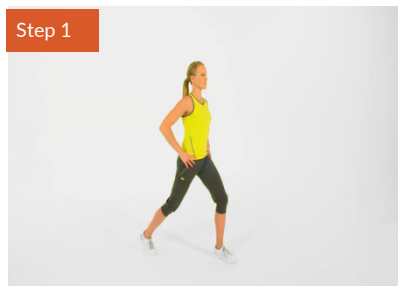
Step 5



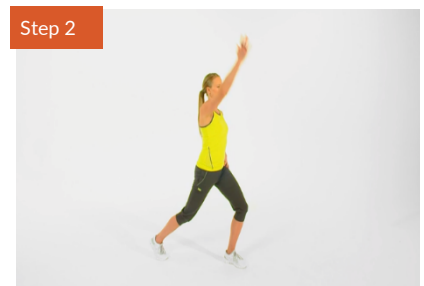
HIP FLEXOR ARM REACH

5 times each limb

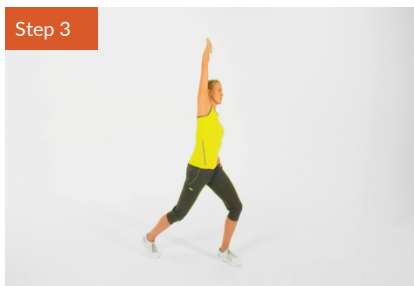
Step 1



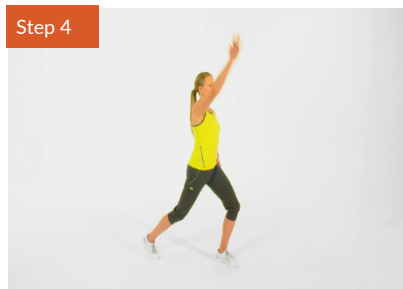
Step 2



Step 3



Step 4



Step 5

