

3-Day Stretching and Mobility Routine for Mountain Biking

This routine targets the key areas used in mountain biking and downhill riding:

hips, hamstrings, quads, back, shoulders, and core. Each session is designed to improve flexibility, mobility, and recovery, helping you perform better on the bike.

General Guidelines

- Perform each session 3 days per week (e.g., Monday, Wednesday, Friday).
- Sessions take **15-20 minutes**.
- Perform each stretch or mobility exercise for **30-60 seconds** per side or for **8-10 repetitions** if dynamic.

Optional Add-Ons for Any Day

- **Foam Rolling:** Spend 5-10 minutes rolling out your quads, IT bands, glutes, and back to improve tissue quality and recovery.
- **Breathing Exercises:** Incorporate diaphragmatic breathing during stretches to relax deeper into the positions.

Why This Routine Works for Mountain Biking

- **Hips and Quads:** Essential for power transfer during pedaling.
- **Shoulders and Upper Back:** Improve bike handling and posture on technical descents.
- **Core and Spine:** Enhances stability and reduces strain during long rides.
- **Recovery:** Keeps your muscles and joints mobile and ready for the next ride.

Note: A description can be found under every exercise. Additionally, there are hundreds of great explanations and videos available on the internet!

Day 1: Hips and Lower Back Focus

1. Child's Pose with Side Stretch

- Sit back onto your heels with arms extended forward.
- Stretch arms to one side to target the lats and lower back.
- Hold for 30 seconds per side.

2. World's Greatest Stretch

- Step into a lunge, place the opposite hand on the ground, and twist your torso upward.
- Stretch your hip flexors, hamstrings, and thoracic spine.

3. Seated Forward Fold

- Sit with legs straight, reach forward toward your feet.
- Focus on stretching hamstrings and lower back.

4. Cat-Cow Stretch

- On all fours, alternate between arching (cow) and rounding (cat) your back.
- Improves spinal mobility.

5. 90/90 Hip Stretch

- Sit with one leg bent in front and the other behind at 90-degree angles.
- Lean forward to stretch the front hip and rotate to stretch the back hip.

6. Thread the Needle

- From a quadruped position, reach one arm underneath your torso and rotate, stretching your upper back and shoulders

Day 2: Shoulders, Chest, and Upper Back Focus

1. Open Book Stretch

- Lie on your side with knees bent and arms extended forward.
- Rotate your top arm open to stretch your chest and thoracic spine.

2. Wall Angels

- Stand or sit against a wall, moving your arms in a "snow angel" motion.
- Improves shoulder mobility and posture.

3. Pec Stretch on Wall

- Place your palm against a wall and gently turn your body away.
- Opens up the chest and shoulders.

4. Downward Dog with Shoulder Press

- From a plank, push your hips upward into a downward dog position.
- Press through your shoulders for a deep stretch.

5. Scapular Push-Ups

- In a push-up position, retract and protract your shoulder blades.
- Activates and mobilizes the scapular region.

6. Standing Cross-Body Shoulder Stretch

- Pull one arm across your body, using the other hand to press it closer.
- Targets shoulder and upper back.

Day 3: Full-Body Mobility and Recovery

1. Spiderman Lunge with Reach

- Step into a deep lunge, drop your back knee, and twist your torso toward the front leg.
- Stretches hips, hamstrings, and thoracic spine.

2. Kneeling Hip Flexor Stretch

- Kneel on one knee, push your hips forward, and raise the opposite arm overhead.
- Opens up tight hip flexors from prolonged seated riding positions.

3. Figure-4 Stretch

- Lie on your back, cross one ankle over the opposite knee, and pull the bottom leg toward your chest while holding against with your hand. Remain a 90 degree angle.
- Targets (opens) the glutes and hips.

4. Standing Hamstring Stretch with Spinal Roll

- Hinge at the hips to touch your toes, then roll up slowly.
- Loosens hamstrings and realigns the spine.

5. Dynamic Side Lunge

- Shift your weight side-to-side in a wide stance.
- Improves hip adductor flexibility and lateral movement.

6. Butterfly Stretch

- Sit with the soles of your feet together and knees dropped outward.
- Opens up the inner thighs and hips.

7. Cobra Stretch (Spinal Extension)

- Lie face down, press into your hands, and lift your chest.
- Stretches the lower back and opens up the front body.