

NOT JUST ALONG FOR THE RIDE

Cycling is a great form of conditioning during recovery. To ensure you're getting the most out of your stationary bike workouts, use the steps below to successfully fit your bike. Keep in mind that not every bike will fit the same way. Record and use your measurements as a guide, but make changes as needed on new bikes.

1 Check seat height: The top of the seat should be in line with your hipbone. Place your thumb on top of your hipbone and make sure your palm lies flat on top of the bike seat. Most bikes use number sizing guides- record this number for next workout.

2 Strap in: If you're wearing sneakers and the pedals provide cages, slip in your foot—but not all the way in. You want to be on the balls of your feet. Ensure straps fit securely across the top of your shoes.

3 Pedal: While your feet are strapped in, pedal so one of your legs is at the 6 o'clock position. You do not want the leg full extended; there should be a 15-to-25-degree bend at your knee. Then, take your foot out of the cage and put your heel on the pedal. This time, while leg is in the 6 o'clock position, you should have full leg extension.

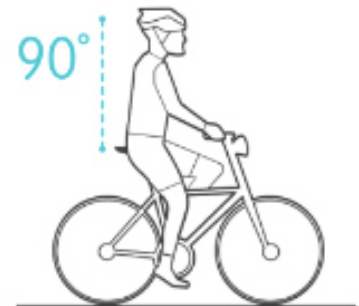
4 Adjust the handlebars: You'll either have to pull the handlebars closer to the bike seat or farther away (or, the bike seat closer to or farther from to the handlebars). A general rule of thumb is the space between should measure from your elbow to a loose fist. Get back on the bike and make sure your arms are slightly bent while holding the handlebars in second position.



ATHLETIC



MODERATE



RELAXED

Image Credit: Total Women's Cycling

Choose the right position based on your recovery and goals. Changing your spine angle shifts where you carry load while on the bike. Longer, endurance-focused sessions should be in the athletic position, while recovery or warmup sessions can be in the moderate position. The relaxed position is more appropriate for lower body range of motion work. Adjust the height of your handlebars accordingly to support your position. In all three positions, avoid leaning or resting on the handlebars; engage your core, shifting your center of mass towards your hips. Allow your hands to rest lightly in place.

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