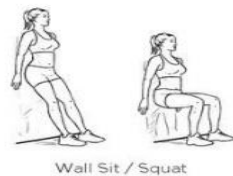
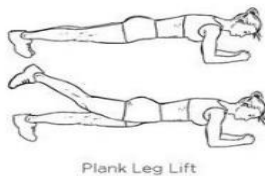
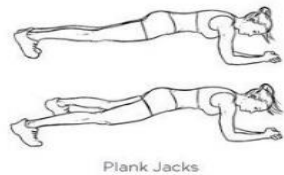
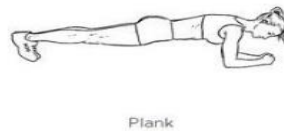
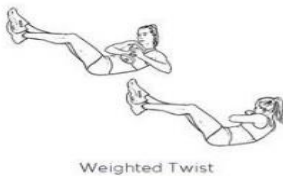
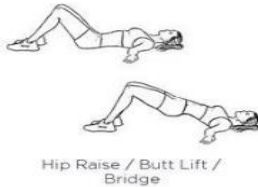
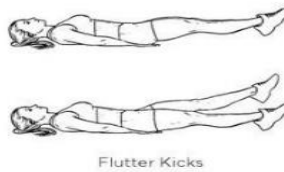
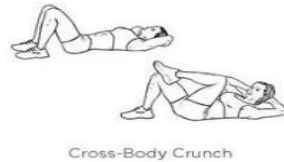


'SUPER BELT' PROGRAM

You 'core' is the belt around your waist area. It includes the rectus abdominus, the obliques and erector spinae. All of these muscles need to be strengthened to provide the most support to your body and allow being a more effective rider.

Warm up your core with basic trunk rotations, forward bends, side bends and hip circles (5 min). Please be purposeful and controlled in these movements to avoid risk of injury.

Perform 12 repetitions of each exercise – Complete all exercises 2x (level 1), 4x (level 2) and 6x (level 3)



Tips for Core Strengthening Exercises

1. Contract your abdominal muscles throughout all exercises. Think of keeping your belly button pressed into your spine. This keeps you muscles close to your spinal column and provides spinal support.
2. During exercises when both feet are up off the floor, keep your belly button pressed into your spine and your spine pressed into the floor to support your lumbar spine.
3. During exercises when both feet are on the floor, keep your hips and spine in a neutral position.
4. Move fluidly without and throwing and jerking motions.
5. Breathe slowly and smoothly throughout exercises (Exhale as you exert the effort).
6. Add lots of variety into your core training routine.
7. Target your whole core by alternating abdominal, back and side exercises. Use both mobility and stability exercises.