



1. QUADRICEPS: Keep your knee pointed at the ground and hold the stretch. Hold onto the ATV only for balance.



HIP FLEXOR & UPPER THIGH: Lean forward as shown, putting your weight on your rear foot but keeping both feet pointing forward.



HAMSTRING: Face the ATV, put your leg up on the footpeg or seat of your ATV (or handlebar if you are really flexible!) and stretch. Keep your back and knee straight.



TORSO & LOWER BACK: Hang onto the handlebars with one hand and the rear carry rack with the other and twist at the hips. (Repeat other way.)

Warming Up

Riding an ATV requires a lot of body movement. Doing warm-ups before you stretch, will help prevent muscle strain and injury.

Stretching

Remove large and sharp objects from pockets. Do not overexert yourself on warm-up exercises. These are minimal exercises and repetitions suggested for warming up. As with any strenuous activity, you should consult your doctor if there is any doubt about you being in shape to ride. Sore muscles or joints could limit your movement and require you to take extra precautions when riding.

Stretching Exercises

Possibly one of the areas most neglected by ATV riders these days is that of injury prevention through stretching. It's only when you fall off and are flexible enough to avoid injury that you will really reap the benefits of stretching.

The Stretching Routine

Before you proceed with the following stretching exercises, you should warm-up your muscles by doing a brisk walk or jogging on the spot for a few minutes.

When stretching, make sure you don't push too hard too soon – stretching shouldn't hurt. Gently stretch each muscle rather than bounce



UPPER FOREARM: With your palm face down with the other hand, bend your wrists. Keep your elbows and palms of your hands as straight as possible.



LOWER FOREARM: Very similar to the upper forearm exercises. Push forward and bend at the wrist, keeping your hand straight.



NECK: SIDE: Tilt your head towards your shoulder to feel the strain down one side of your neck. Stretch your neck to the left and right side.



SHOULDER: Pull one elbow across in front of you and then hold it with your other arm. You will feel the strain across your shoulder.



NECK: FORWARD: Pull your chin down to your chest and gently back.



SHOULDERS #1: Interlock fingers and stretch your arms out in front of you, keeping your elbows as straight as possible.



SHOULDERS #2: This is the same as the previous exercise except stretching upwards.



SHOULDERS #3: Clasp your hands together behind your back and pull your arms upward.

it. Hold for 20 to 30 seconds when you feel a slight stretch, continue breathing and try to ease into a further stretch and then release.

And remember, not everyone is as flexible as one another, so take it carefully when you do your stretches.