

Stretches to Improve Your Seat

Here is what you can do at home to increase mobility for riding.

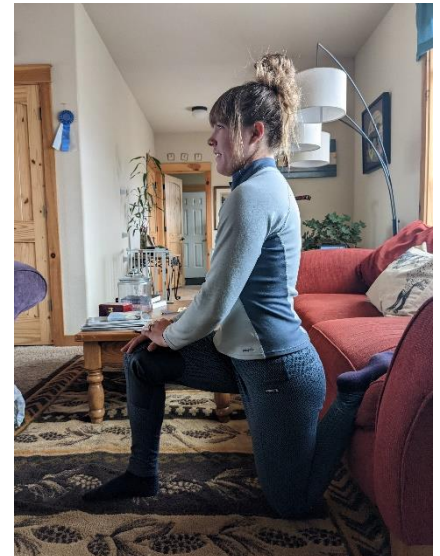
One of the most common questions I get with new riding student is what stretches can I do at home to improve my seat work. To have a good seat a rider must be supple through their loins, hips, knees and ankles. Here are some simple basic stretches you can do at home to improve your seat.

Coach Stretch

Sitting on the floor in front of your couch, have your front knee bent at a ninety degree angle then bend your back leg so that it is sitting up against the couch. If you are doing this on a hard surface you may want to put a towel or blanket under your back knee.

As you get better at the stretch, try to bring your back knee into more of an upright position and start to sit up more through your torso.

See pictures below.



Toe Circles

This one is pretty self-explanatory. Pretend like you have a paint brush on the end of your toes and you are drawing perfect circles as big as you can. Go slow and explore the stiff spots without pushing past your physical resistance.

Arm Circles

Make big equal even circles with both arms. Try not to cut off the back part of the circle. Always go from the front up and to the back, as riders need to open up through the shoulders to be able to set the shoulders down and back.

Up The Wall Stratal Stretch

Lay on the floor as close as possible to the wall, put your legs up against the wall then let them fall open. Let gravity then do the work of opening up your legs. I like to hang out in this stretch for 2 to 3 minutes.

See picture below.



Stair Hamstring Stretch

This is a classic stretch for riders. Stand on the edge of a step and then let your heels drop off the edge and down. This is another stretch where I like to hang out for a few minutes.

See picture below.

