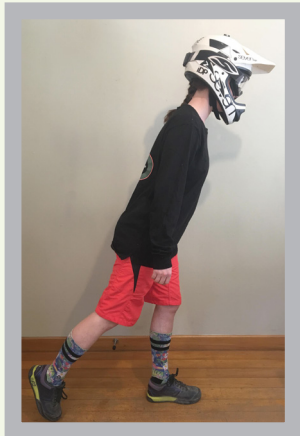
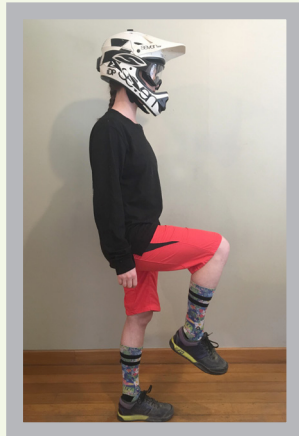


# BACK ON TRACK

## PHYSIOTHERAPY

### Biking Warm Up

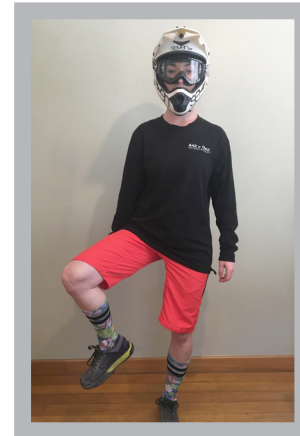
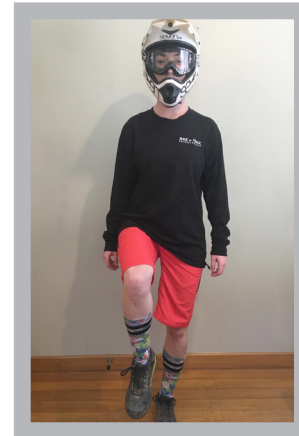


#### Leg Swings

Standing on one leg, swing the other leg forward lifting your knee up to the chest

Now swing the leg back into hip extension whilst dipping down on the standing leg

**Repeat 10 times each leg**

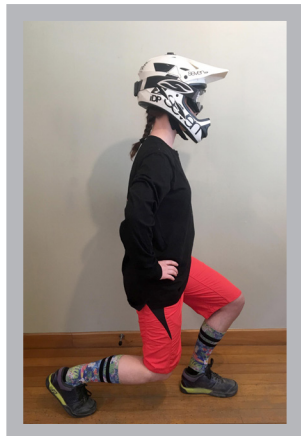
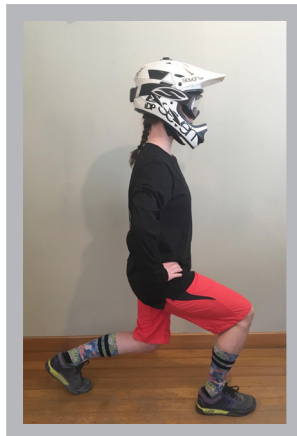


#### Hip Twist

In standing with soft knees, tail bone tucked under

Bend knee up to chest and rotate out

**Repeat 10 times each leg**



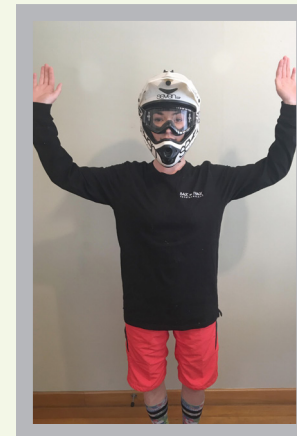
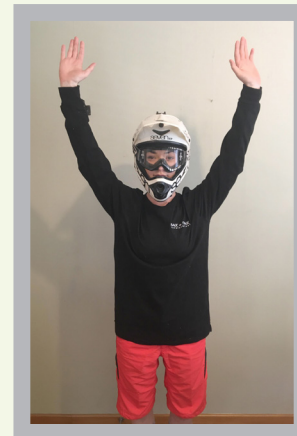
#### Walking Lunges

Lunge forward, keeping feet hip width apart

Keep upright with tail bone tucked under

Keep your weight in the middle and land each lunge softly

**Repeat 10 times each side**



#### Chest and shoulder stretch

Start with your arms raised up to the side, palms facing forward, shoulders relaxed away from your ears

Slowly bend arms down with elbows out, activate through the bottom of shoulder blades

Then raise arms up again

**Repeat 10 times**

At Back on Track we can help with all injuries, strengthening and injury prevention programs.

**Back on Track Physiotherapy**

**Queenstown** 50 Gorge Road

**Frankton** Bodyhub Gym, 15 Red Oaks Drive, Remarkables Park

**Arrowtown** Level 2, 50 Buckingham St, Royal Oak Courtyard

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