Hey! I hope you got out and rode your bike today.

Please continue for slide show on correct bike posture.

Allan and Jeff climbing Col de Portillon, French Pyrenees.
Correct Posture on the Bike =

- Maximum power output
- Maximum endurance
- Maximum efficiency
- Maximum satisfaction
Correct Posture

produces

Leverage

Stability

produces

Power

produces

Efficiency

produces

Endurance

Allan Reeves: Lostende Fitness,  [www.reevestraining.com](http://www.reevestraining.com),  [www.francefrominside.com](http://www.francefrominside.com)
Which is the correct posture of the two?

Correct posture is a function of:

- Pelvis position (note: pelvis position dictates spine position)
- Lumbar and thoracic spine position
- Shoulder position

...which allows for:

- Maximum hip extensor muscle use
- Core stabilization
- Eliminates low back discomfort
- Eliminates shoulder - arm - hand discomfort
Incorrect posture is a function of:

- Insufficient forward tilt of pelvis!
- Flexed lower back
- Poor engagement of core muscles

...which causes:

- Reduced hip extensor muscle use
- Low back discomfort & shoulders – arms - hands
- Poor stabilization and loss of power delivery

• Result: more fatigue and less power

Muscles of the “Core” are key to maintaining posture.

They are the muscles you use to sustain the low back and pelvis in their optimal position. Think of them as “stabilizing” muscles.

Muscles that extend the hip:

- **Hamstrings**
  - Semimembranosus
  - Semitendinosus
  - Biceps Femoris

- **Glutes**

...all three hamstring have origins from Ischial Tuberosity

Allan Reeves: Lostende Fitness,  [www.reevestraining.com](http://www.reevestraining.com), [www.francefrominside.com](http://www.francefrominside.com)
Core engaged

Core disengaged

Backward tilted pelvis

Flat back

Forward tilted pelvis

Extended back
Incorrect posture (hands in drops)  
- Flexed back  
- Backward tilted pelvis  
- Abducted & protracted shoulders  
- Core engaged  

Correct posture (hands in drops)  
- Extended back  
- Forward tilted pelvis  
- Adducted & retracted shoulders  
- Proper core stabilization

- Under loaded glutes and hamstrings = loss power.  
- Low back and shoulder fatigue – hyper extended neck.  
- Increased weight bearing in hands.  
- Poor core stabilization = loss power.  

- Loaded glutes and hamstrings = increased power.  
- Low back and shoulder relief – neutral neck.  
- Decreased weight bearing in hands.  
- Proper core stabilization = increased power.

Allan Reeves: Lostende Fitness,  
Incorrect posture (hands on hoods)

- Flexed back
- Backward tilted pelvis
- Abducted & protracted shoulders

Correct posture (hands on hoods)

- Extended back
- Adducted & retracted shoulders
- Core engaged

- Under loaded glutes and hamstrings = loss power.
- Low back and shoulder fatigue – hyper extended neck.
- Increased weight bearing in hands.
- Poor core stabilization = loss power.

- Loaded glutes and hamstrings = increased power.
- Low back and shoulder relief – neutral neck.
- Decreased weight bearing in hands.
- Proper core stabilization = increased power.

Incorrect posture

- Flexed back
- Backward tilted pelvis
- Abducted & protracted shoulders

Correct posture

- Extended back
- Forward tilted pelvis
- Adducted & retracted shoulders

- Under loaded glutes and hamstrings = loss power.
- Low back and shoulder fatigue – hyper extended neck.
- Increased weight bearing in hands.
- Poor core stabilization = loss power.

- Loaded glutes and hamstrings = increased power.
- Low back and shoulder relief – neutral neck.
- Decreased weight bearing in hands.
- Proper core stabilization = increased power.

Extended back
Forward tilted pelvis
Core engaged

Poor posture. Flexed low back

Better back position...more neutral
Flexed low back

Better back position...more neutral

Flexed low back

Flexed low back; tight hamstrings prevent further forward tilt of pelvis

Better low back position...more neutral. Good flexibility of hamstrings and glutes which allows for forward tilt of pelvis.
What to work on to develop better posture:

- Improve flexibility of hamstrings and gluteus muscles to allow for forward tilt of the pelvis and extension of the back.
- Address issue of groin pressure to allow for improved forward pelvic tilt.
- Improve core function and strength.

Correct Posture on the Bike:
- Maximum power output
- Maximum endurance
- Maximum efficiency
- Maximum satisfaction

The End