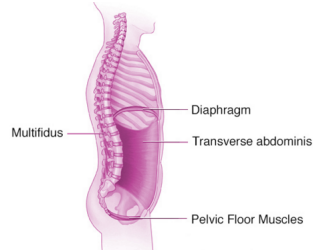
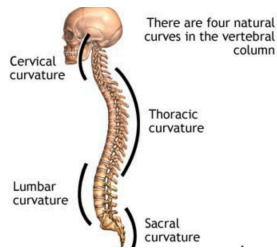


**K2 Health - Krystal Weir [www.k2health.com.au](http://www.k2health.com.au)**



<https://www.knowyourbones.org.au>

*Neutral spine – When lifting weights or doing loaded exercises you must remember your natural curves. Lumbar, Thoracic & Cervical. Avoid the loss of neutral spine due to load over front of vertebral bodies*

**#K2How2 FIVE KEY POINTS**

- 1/ Feet
- 2/ Knees
- 3/ Pelvis
- 4/ Ribs
- 5/ Head

**1. Finding Neutral Spine**



*Upper Body (Push & a Pull)*



*Lower body (Squats & Lunges)*



Rep Range for Strength 8-12 reps x3 sets – last few reps should be difficult.

Gluteal Specific exercises- Exercises specific for the bike

1/ Bridge on floor – add Green theraband. Put band at mid-thigh & hold out.

(x1 hand width is neutral hip, knee alignment)

Lift into a bridge and take both knees out without losing height in your hips.

Note: Dig in heels to bias your glut muscles.



1a/ Four Point Kneel theraband for Glut Max



2/ Alignment on the bike– shoulder, hip, knee, 2<sup>nd</sup> toe. Keep a level pelvis- lift hip up and down.

