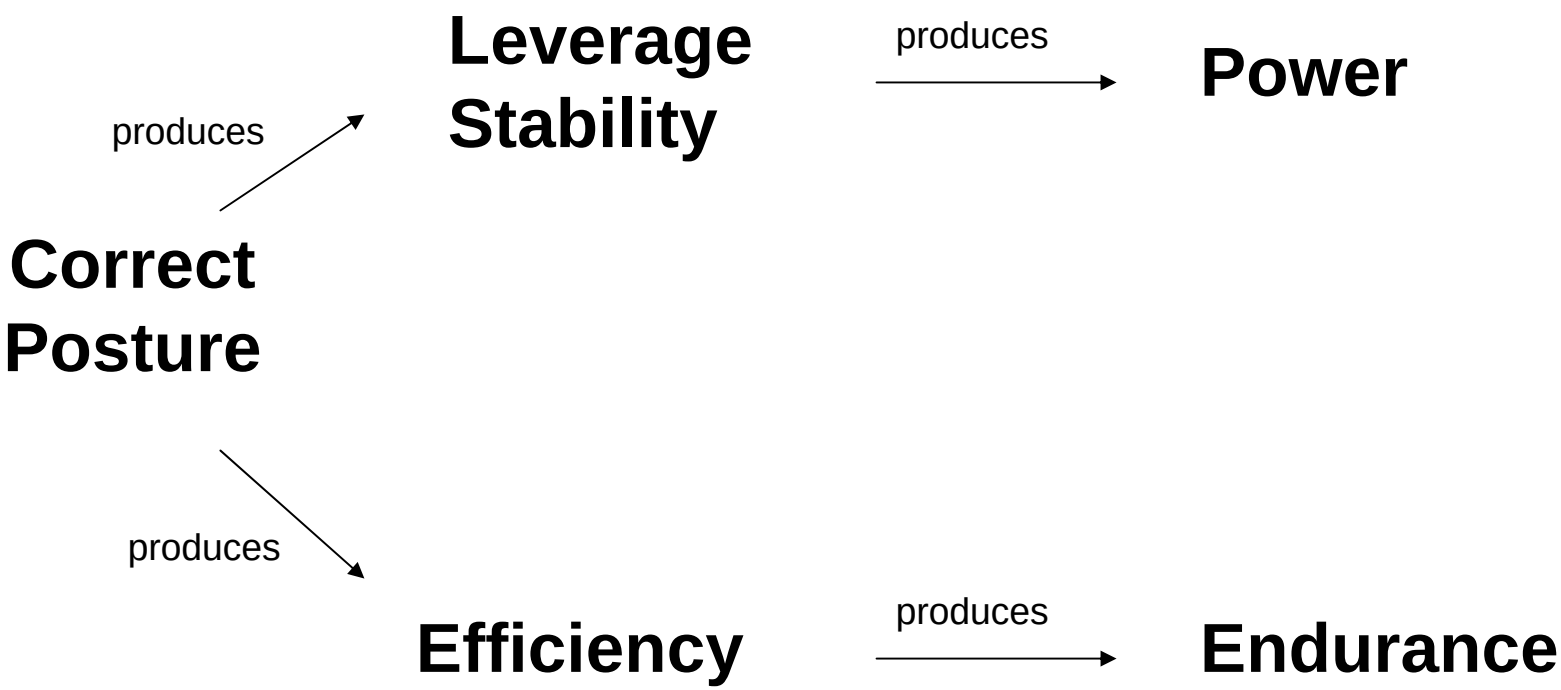
"France from Inside" Lostende Tours



Allan and Jeff climbing Col de Portillon, French Pyrenees.

Correct Posture on the Bike =

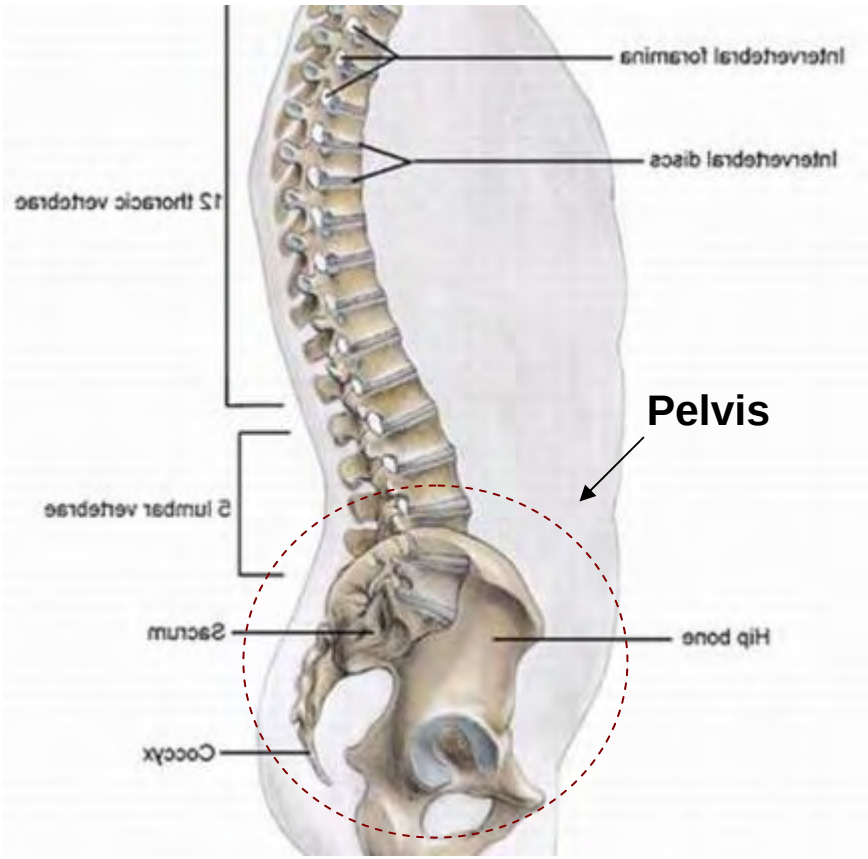
- **Maximum power output**
- **Maximum endurance**
- **Maximum efficiency**
- **Maximum satisfaction**


Correct Posture
produces
Leverage Stability
produces
Power
produces
Efficiency
produces
Endurance

Which is the correct posture of the two?



Correct posture is a function of:

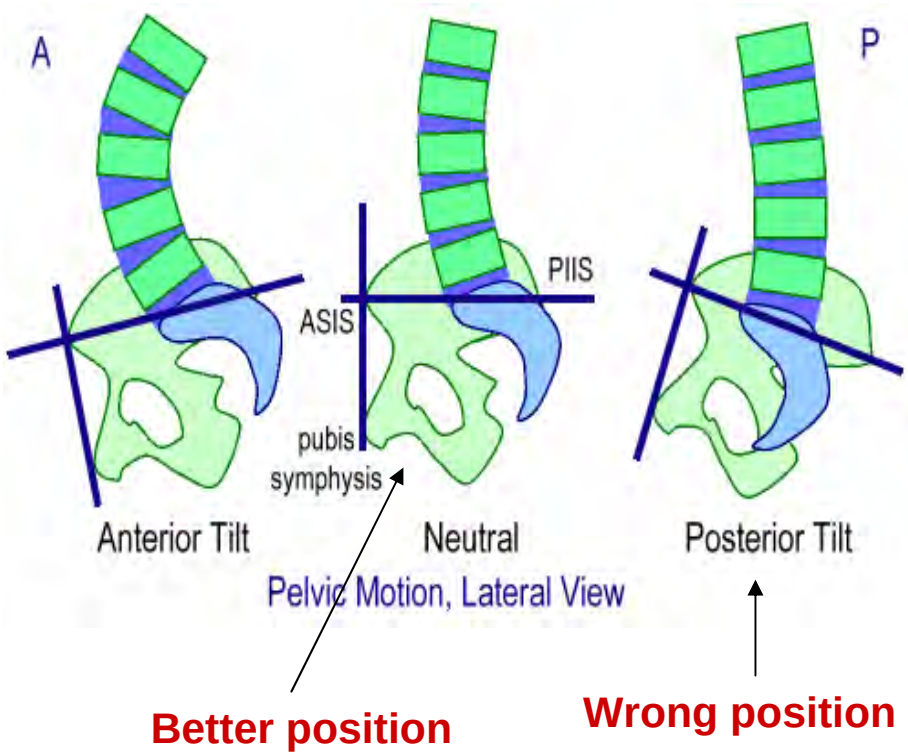


- Pelvis position (note: pelvis position dictates spine position)
- Lumbar and thoracic spine position
- Shoulder position

…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:

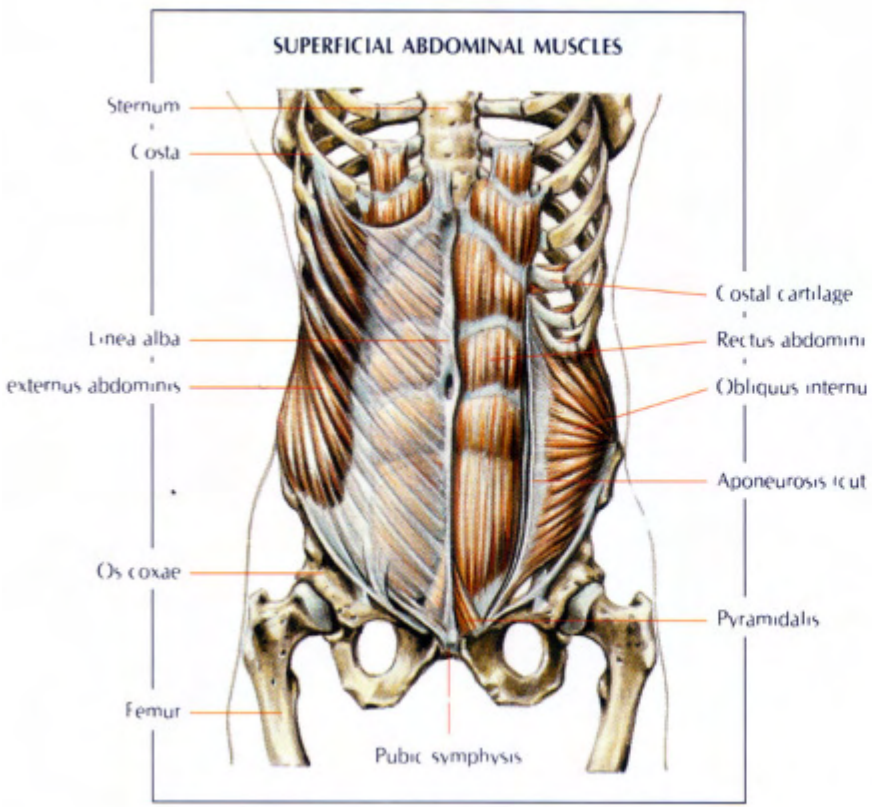


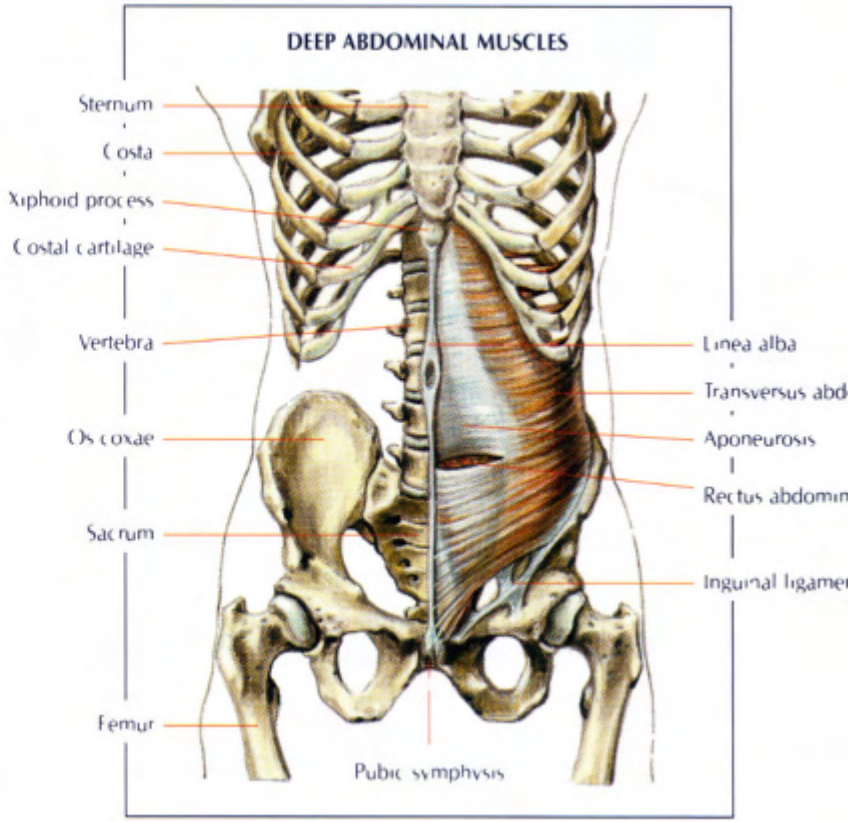
- Insufficient forward tilt of pelvis !
- Flexed lower back
- Poor engagement of core muscles

…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.

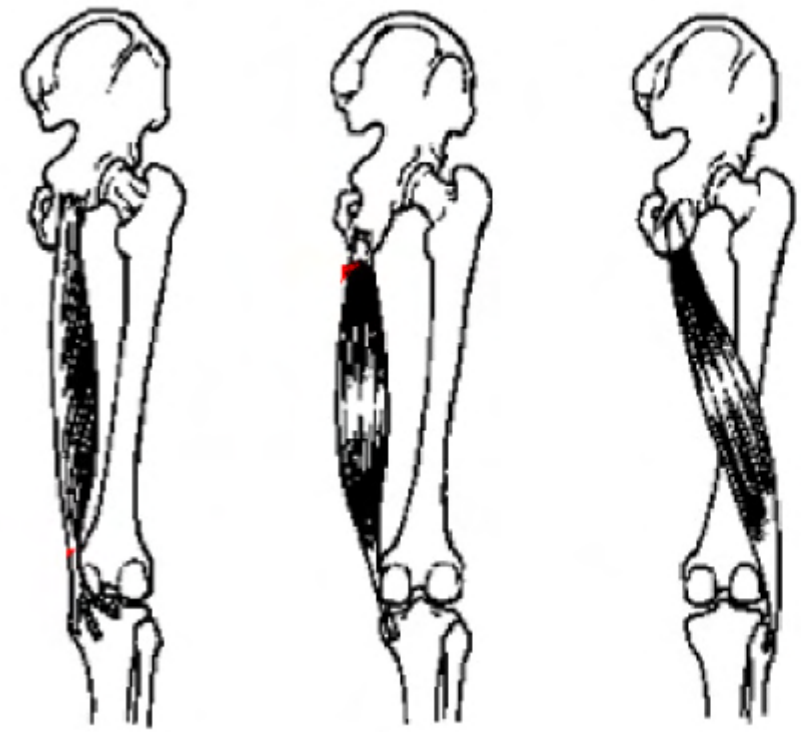




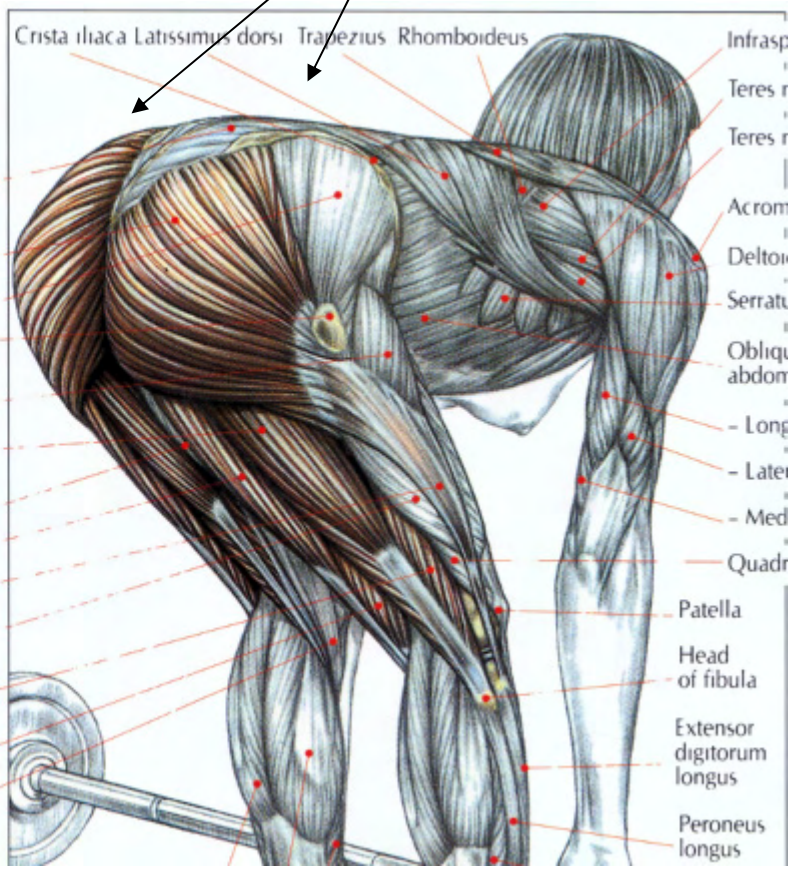
They are the muscles you use to sustain the low back and pelvis in their optimal position. Think of them as "stabilizing" muscles.

Muscles that extend the hip:

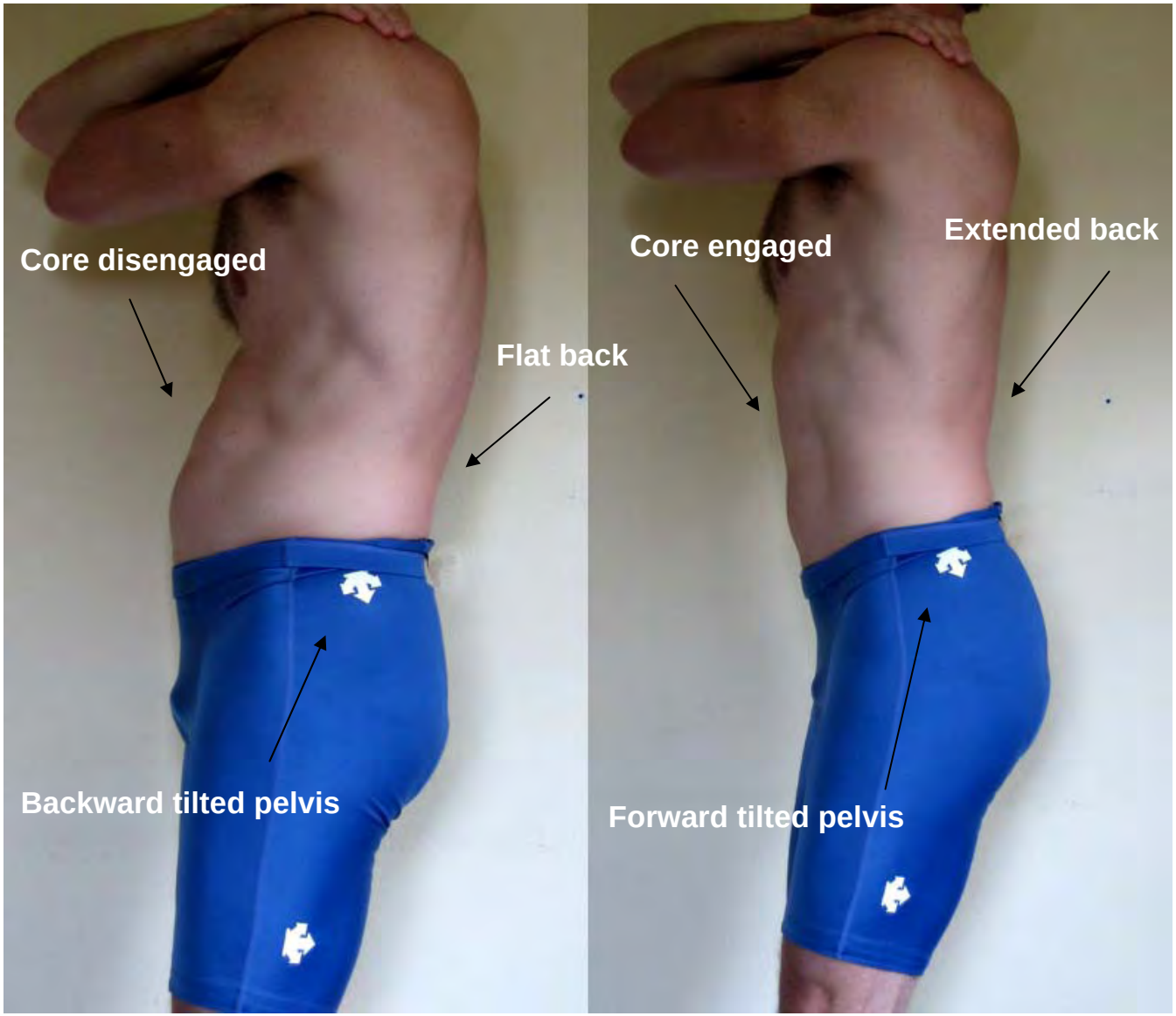
Hamstrings



Glutes

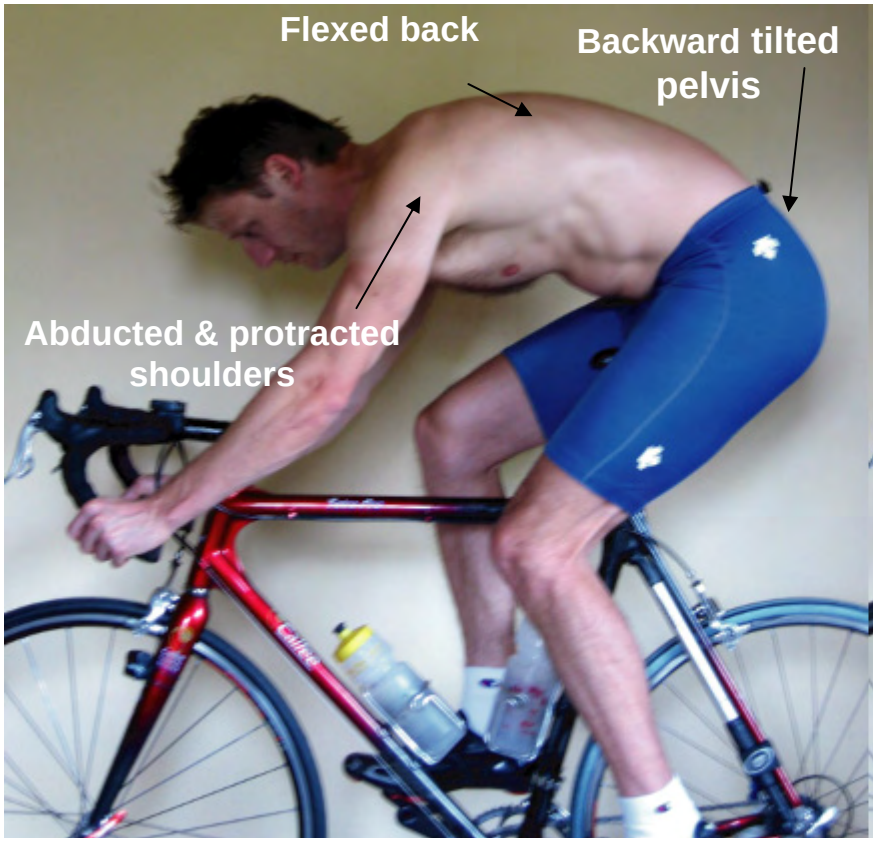


…all three hamstring have origins from Ischial Tuberosity



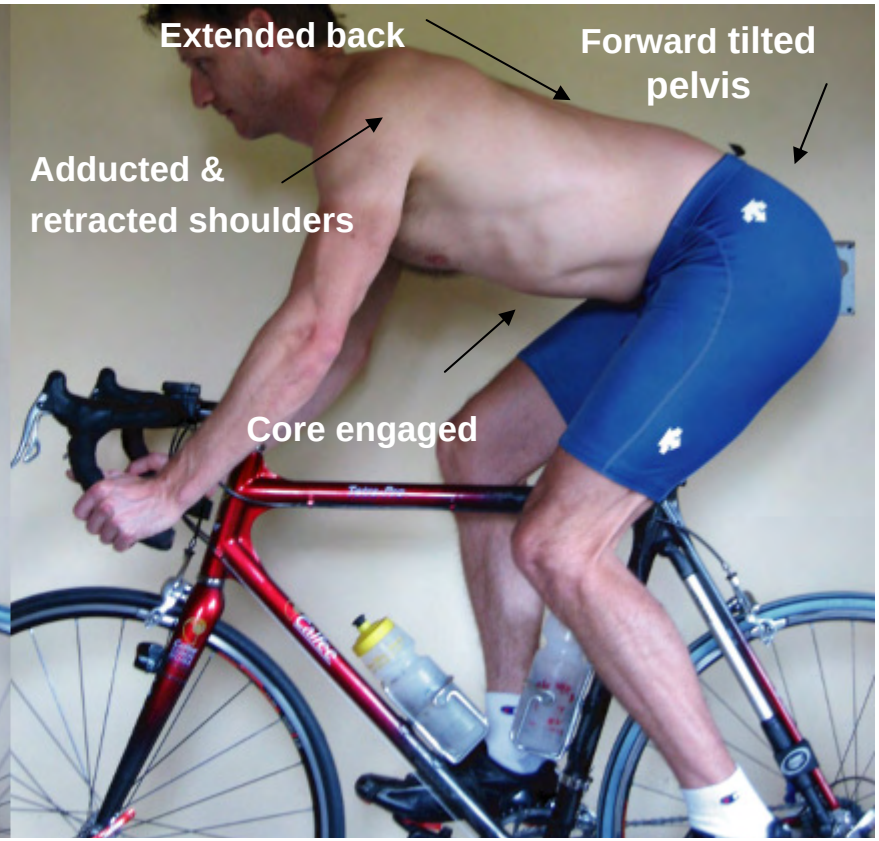
Allan Reeves: Lostende Fitness, www.reevestraining.com, www.francefrominside.com

Incorrect posture (hands in drops)



- 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.

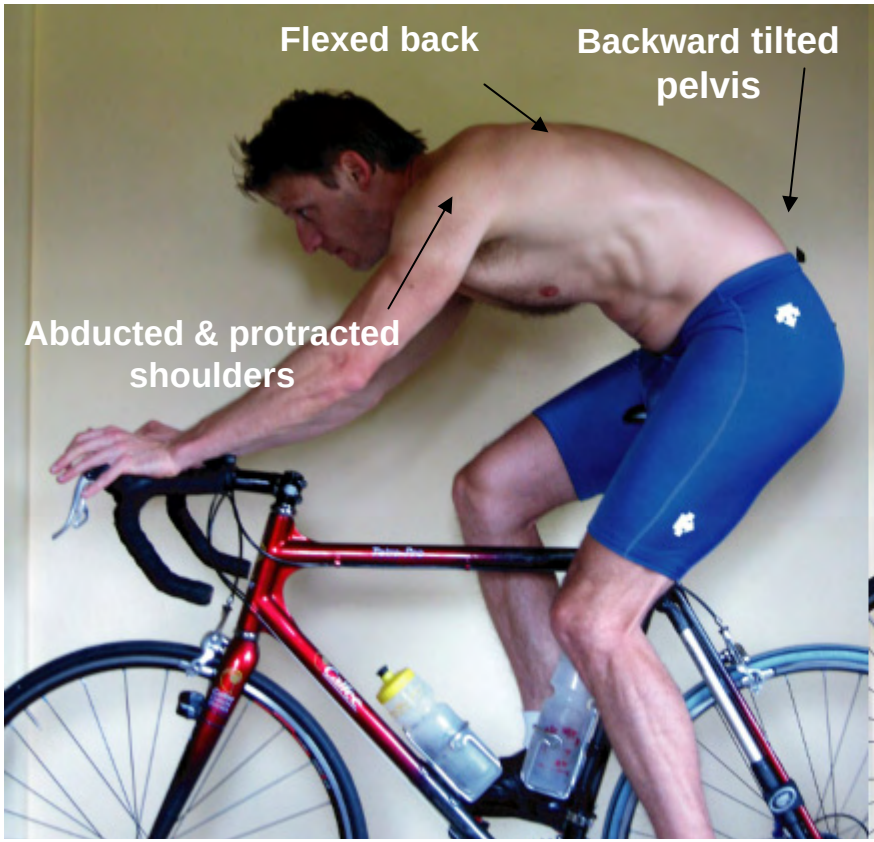
Correct posture (hands in drops)



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

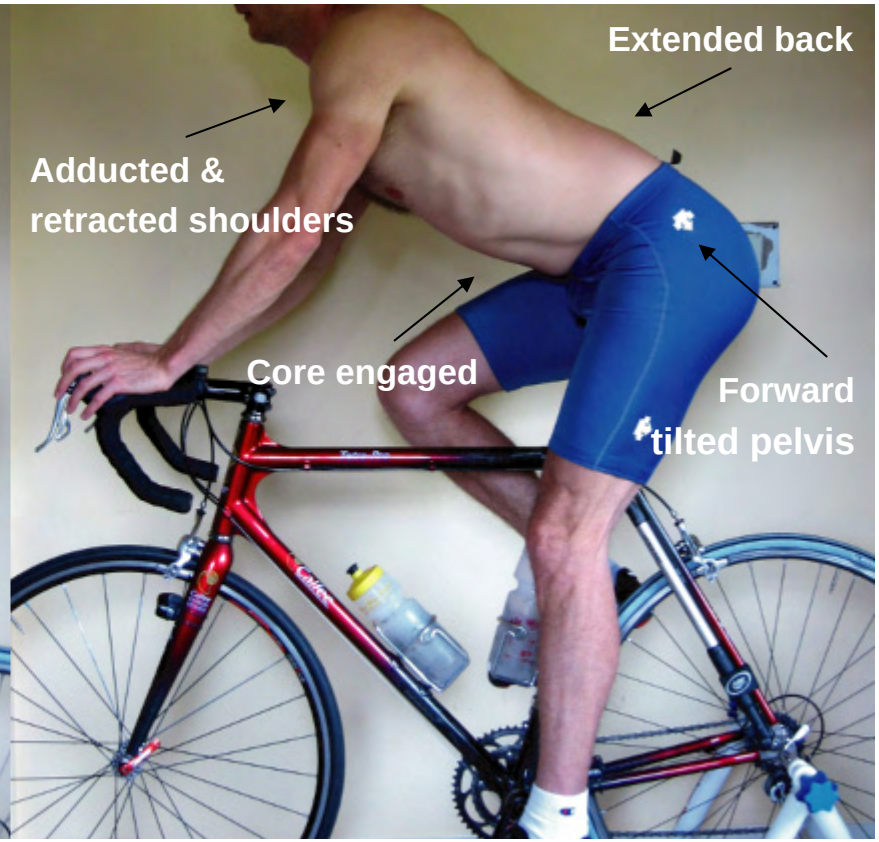
Allan Reeves: Lostende Fitness, www.reevestraining.com, www.francefrominside.com

Incorrect posture (hands on hoods)



- Under loaded glutes and hamstrings = loss power.
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- Poor core stabilization = loss power.

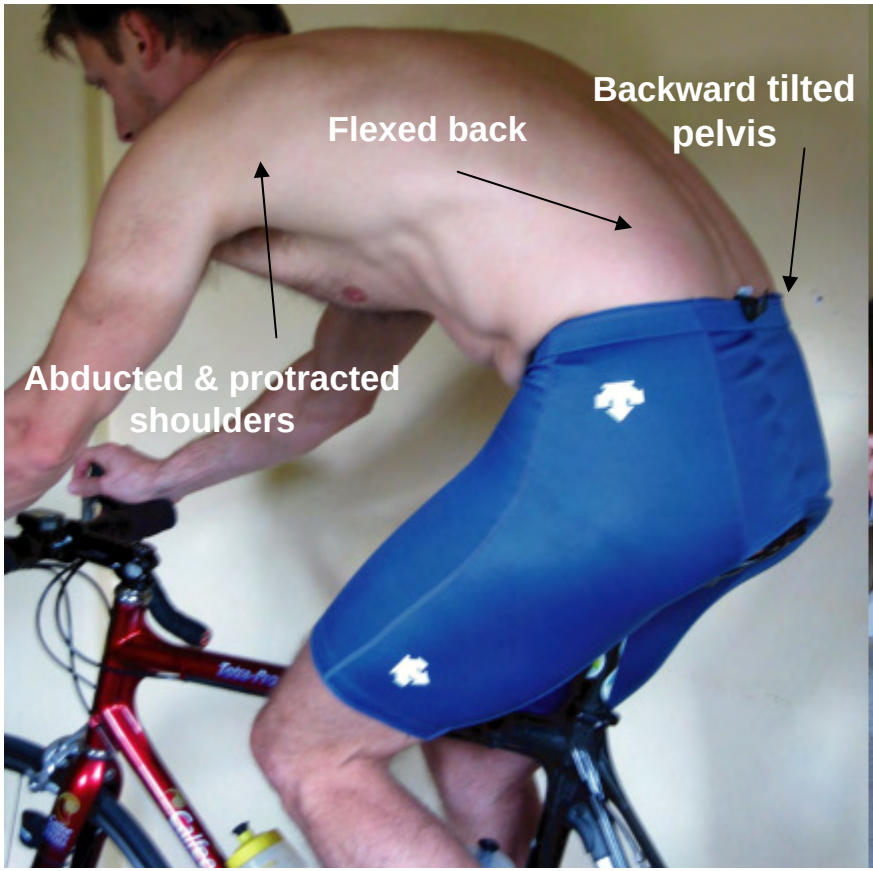
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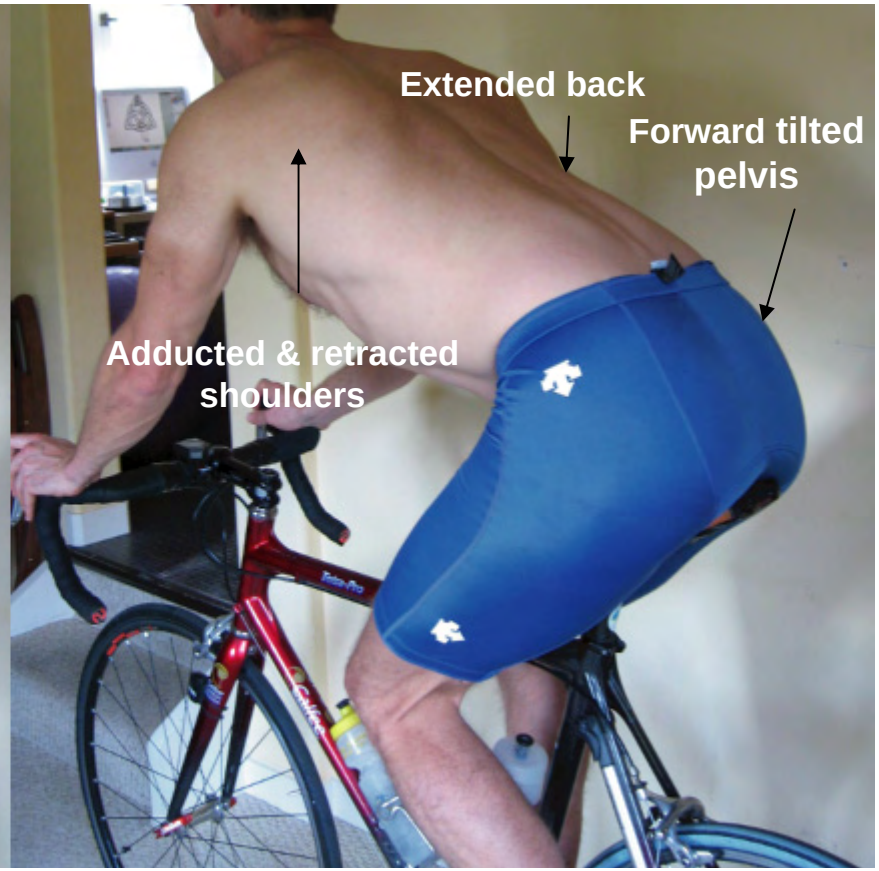
Allan Reeves: Lostende Fitness, www.reevestraining.com, www.francefrominside.com

Incorrect posture

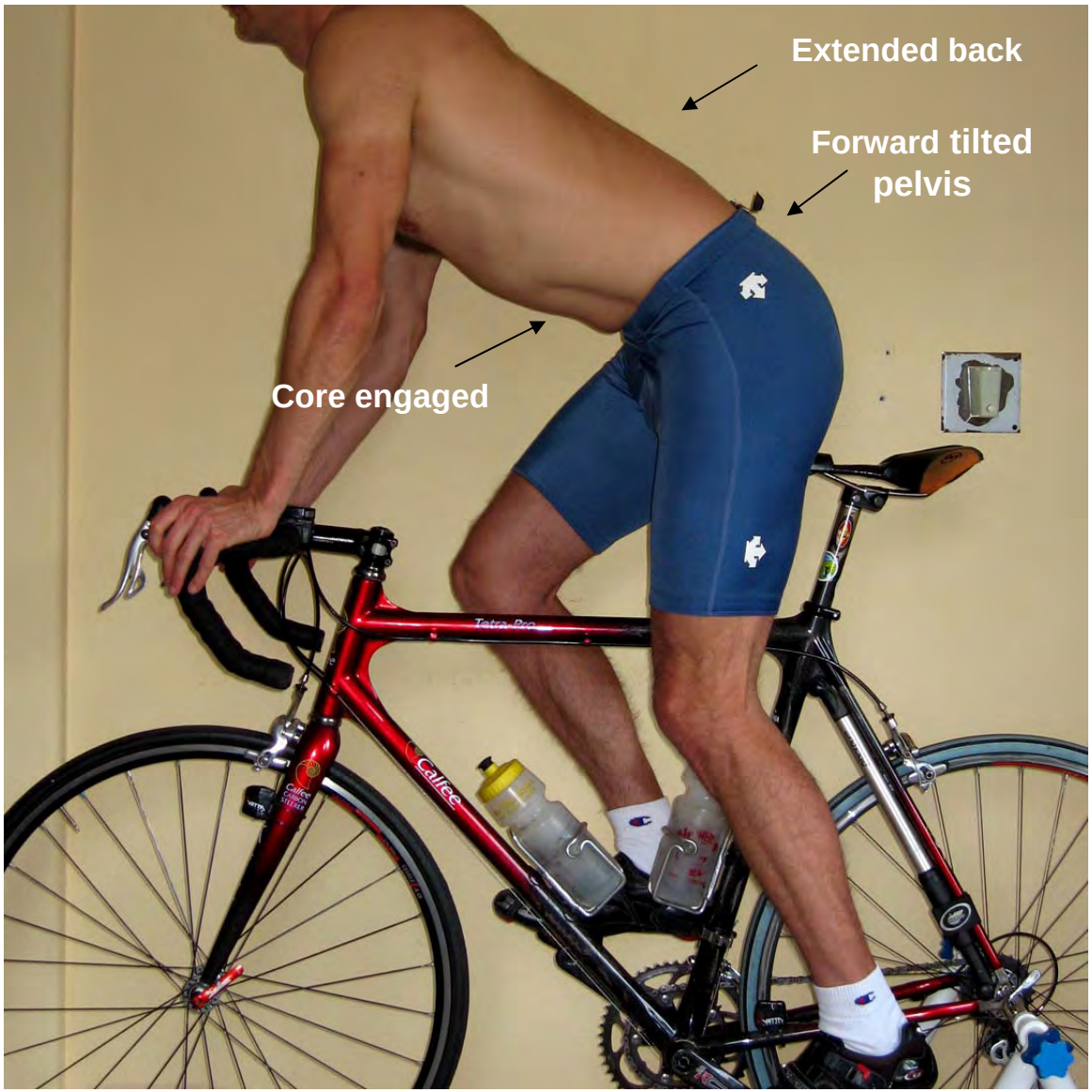


- Under loaded glutes and hamstrings = loss power.
- Low back and shoulder fatigue – hyper extended neck.
- Increased weight bearing in hands.
- Poor core stabilization = loss power.

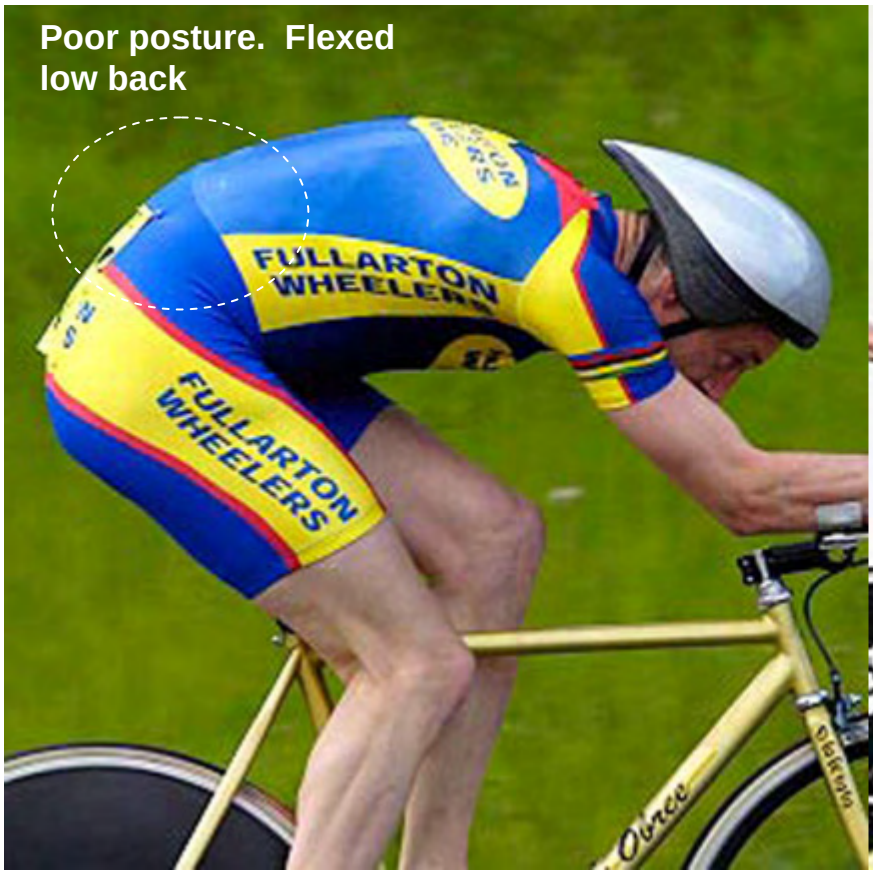
Correct posture



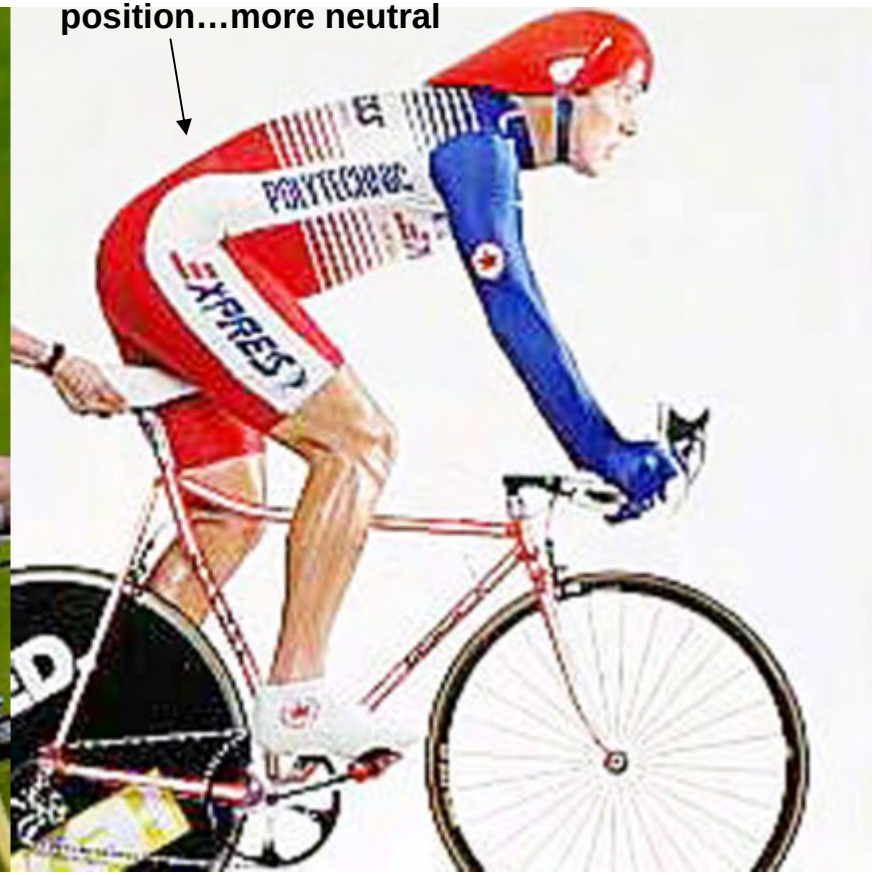
- Loaded glutes and hamstrings = increased power.
- Low back and shoulder relief – neutral neck.
- Decreased weight bearing in hands.
- Proper core stabilization = increased power.


Extended back
Forward tilted pelvis
Core engaged

Poor posture. Flexed low back



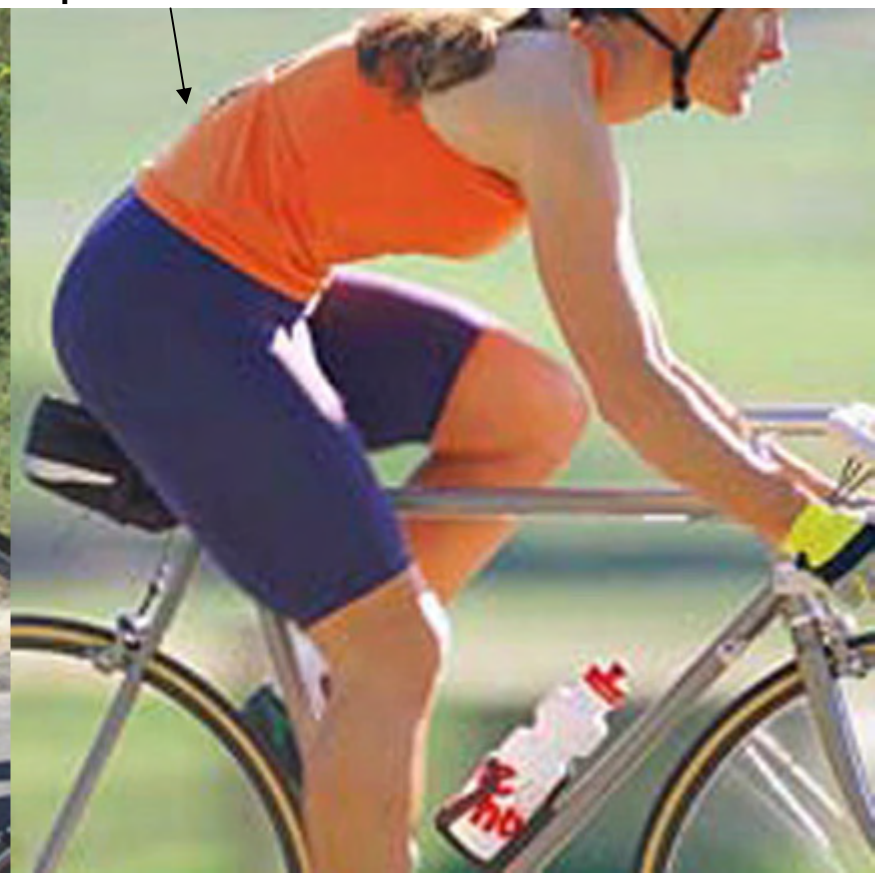
Better back position…more neutral



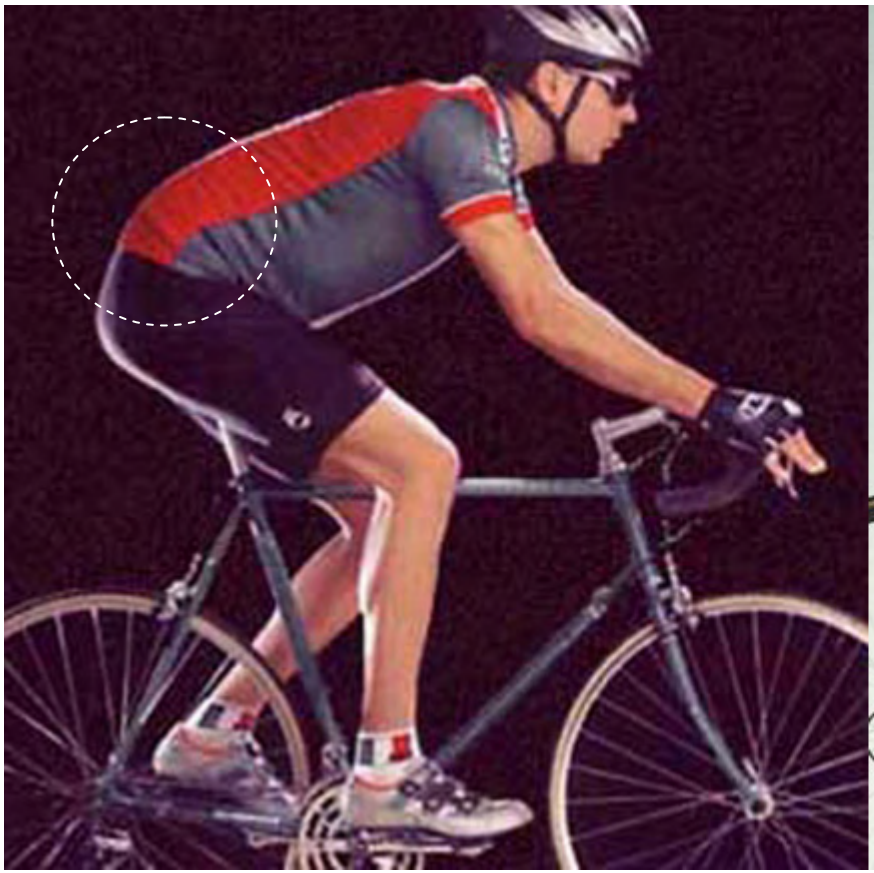
Flexed low back

Better back position…more neutral





Flexed low back



Flexed low back



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