

10

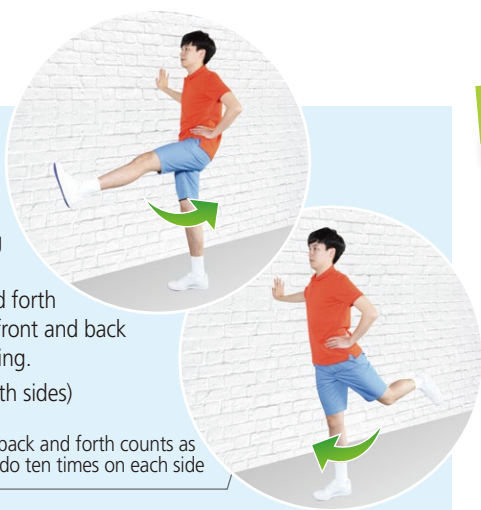
Stand tall with the right hand on the wall or holding a railing. Keep the left leg straight and swing back and forth until mild stretching at the front and back leg muscles during each swing. (Take turns repeating on both sides)



Lower Body



Swinging back and forth counts as one time; do ten times on each side



11

Stand straight with feet apart at shoulder-width. Toes pointing slightly outward. Stretch out both arms while extending the chest and contracting the abdomen. With eyes looking forward, lower the body and push the buttock outward. Bend both knees to the half squat position. Stand up and repeat.

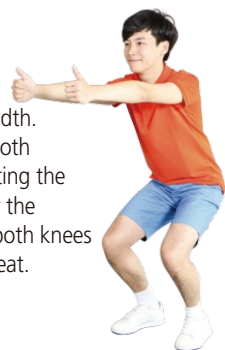


Lower Body



10 times

For warm-up: Total time commitment 7 mins 40 secs to 14 mins 40 secs



Cool-down Exercises After Cycling

1

Walking slowly or marching on the spot.



Whole Body



2 minutes



After walking slowly or marching on the spot, please follow steps 2 to 9 in "Warm-up Exercises Before Cycling" to stretch and cool-down body to minimise the risk of injuries.

For cool-down: Total time commitment 6 mins 40 secs to 13 mins 40 secs

Advice on Braking

- Before cycling, check if the left or right hand brake lever controls the rear brake. It is more effective and safer to use the rear brake when bringing the bicycle to a sudden halt. Using just the front brake may cause the bicycle to topple over easily
- When cycling, pay attention to road conditions and always allow an adequate braking distance
- Place both hands lightly on brake levers
- Instead of using sudden force, apply an even grip to the brakes to bring about a steady deceleration



Appropriate Protective Gear

Wear a helmet to protect yourself; The golden rule of 1V2



1

The one finger rule: Make sure the helmet fits tightly yet allows one finger to fit between the chin and the strap.



V

Adjust the straps to form a "V" shape: The side straps should stay flat against the face without twisting or covering the ears. The straps should form a "V" shape just below the ear lobes.



2

Setting the two-finger position: There should be a two-finger width between the eyebrows and the helmet.

Limit head injuries by 70% and brain injuries by 30%

Warm up, cool down and safety tips to boost your cycling performance



Special thanks to Hong Kong Cycling Athletes Mr. Kwok Ho-ting, Marco and Ms. Wong Wan-yiu, Jamie

It is important to learn how to protect yourself from injuries before you can fully enjoy the fun of cycling. That includes doing the appropriate warm-up and cool-down exercises, learning the appropriate braking techniques and wearing protective gear. With these, you will be sure to stay safe and enjoy cycling wherever you go!



Caution

Please consult a doctor before exercise if you have the following conditions:

- Chronic illnesses
- Pain, orthopaedic illnesses, or previous orthopaedic surgeries
- Balancing difficulty while standing or walking
- Other queries about your health

If time does not allow, the frequency of each action may be adjusted according to the instructions. Please complete the full regimen of warm-up and cool-down exercises below to minimise the risk of injuries.

Begin with low intensity exercises and progress accordingly. Stop and seek medical advice immediately if you feel unwell while exercising.

Warm-up Exercises Before Cycling

1

Eyes looking forward and standing tall, jog in place with arms swinging back and forth. Knees should be raised until thighs are parallel with the ground.



Whole Body



2 minutes

2

Stand straight with feet apart at shoulder-width. Stand tall and press both hands at the side of the waist. Turn the waist and upper trunk slowly to the right until there is a mild stretching at the waist. Do not twist the knees. At the same time, turn head to the right until there is mild stretching at the neck.

(Take turns repeating on both sides)



Waist and Neck



2-5 times on each side; hold for 10 seconds each time

3

Cross the fingers of both hands and then turn the wrists until the palms face outward. Straighten the elbows until there is mild stretching at the forearm. Move arms slowly up above the head.



Arms



2-5 times; hold for 10 seconds each time

4

Make a fist on the left hand while straightening the elbow. Hold the left fist with the right hand and slightly apply pressure downwards until there is a mild stretching on the left forearm.

(Take turns repeating on both sides)



Arms



2-5 times on each side; hold for 10 seconds each time

5

Stand straight with feet apart at shoulder-width. Bend the knees slightly and bend the trunk forward to hold the ankles with both hands. There should be mild stretching at the lower back.

(This action is not suitable for individuals with back pain or spinal deformities)



Waist



2-5 times; hold for 10 seconds each time

6

Stand straight and hold the wall or a railing for support with your left hand. Stand tall, bend the left knee and hold your left foot with your right hand. Pull the foot backward until there is mild stretching at the front of the left thigh.

(Take turns repeating on both sides)



Lower Body



2-5 times on each side; hold for 10 seconds each time

7

Press on the wall or hold a railing with both hands. Step the right leg forward and slightly bend the right knee. Stand tall. Keep the left leg straight and the left heel on the ground. There should be mild stretching at the left calf.

(Take turns repeating on both sides)



Lower Body

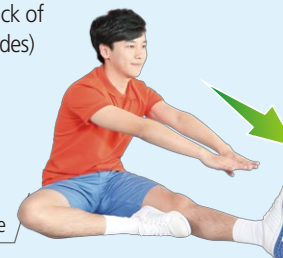


2-5 times on each side; hold for 10 seconds each time

8

Sit down on the ground and keep left leg straight. Bend the right knee and lay it outward and flat on ground. Lean the upper trunk forward while extending both arms forward and keeping the left knee straight, until there is mild stretching at the back of the left thigh. (Take turns repeating on both sides)

(This action is not suitable for individuals with back pain or spinal deformities)



Lower Body



2-5 times on each side; hold for 10 seconds each time

9

Sit on the ground, keep the right leg straight and bend the left knee. Sit tall, place the left foot across the right leg and lay flat on ground outside right knee. While pressing the left hand against the ground, press the right elbow against the outer left knee to secure its position. Turn the waist and upper trunk to the left slightly until there is mild stretching at the waist and left outer buttock.

(Take turns repeating on both sides)

(This action is not suitable for individuals with back pain or spinal deformities)



Lower Body



2-5 times on each side; hold for 10 seconds each time