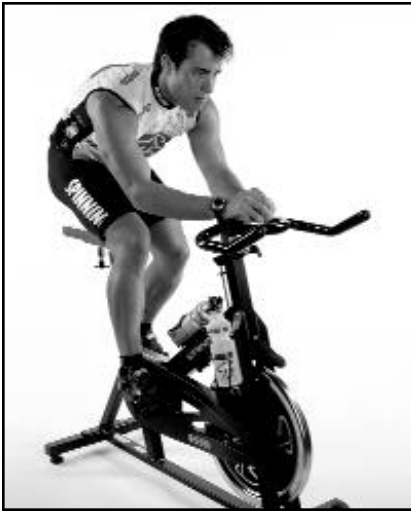


Hand Positions and Core Movement

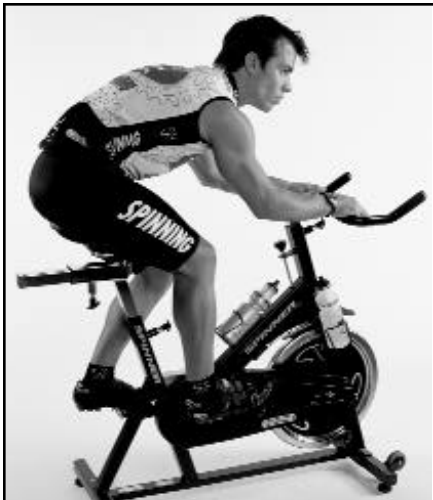
Seated Flat

Sitting for extended periods helps develop stamina, mind and body strength, & determination. A cadence of 80-110 RPM is recommended. **Hands are in Position 1**



Seated Climb

While climbing in a seated position, the buttocks should shift automatically to the back of the saddle. A cadence of 60-80 RPM is recommended. **Hands are in Position 2**



Standing Flat (running)

While running, your weight should be balanced in the lower half of your body. With your buttocks just barely touching the nose of the saddle, move your upper body slightly from side to side with each downstroke. A cadence of 80-110 RPM is recommended.

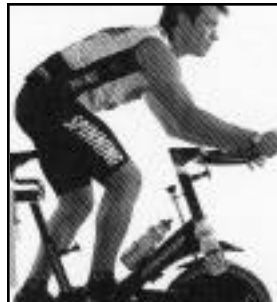
Hands are in Position 2



Standing Climbing (hill)

Standing climbing is slow and strenuous and should be introduced gradually to avoid premature load on the achilles tendon, knees, hips, and lower back. A cadence of 60-70 RPM is recommended.

Hands are in Position 3



Jumping

A jump is performed by lifting out of the saddle at intervals. The challenge is to maintain a steady cadence on your legs and keep your body weight centered in your lower torso and legs. The movement should be fluid and even, regardless of how long the jump intervals are. A cadence of 80-110 RPM is recommended.

Hands are in Position 2



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