

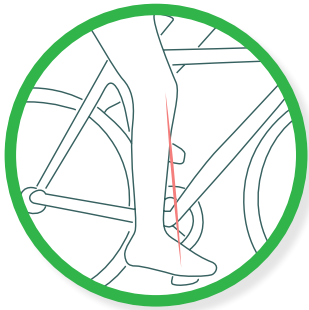


## BACK-SAVING TIPS!

# Reduce low back pain while cycling

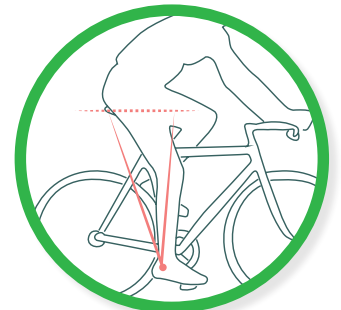
### 1 SEAT HEIGHT

With your heel resting on the down pedal, you should be able to fully extend your leg. With the ball of the foot on the pedal in riding position, your knee should be slightly flexed.

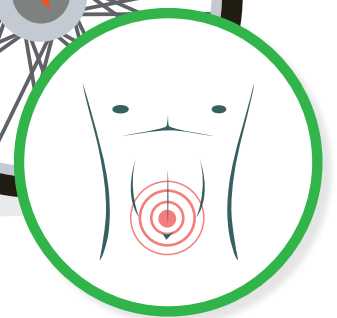
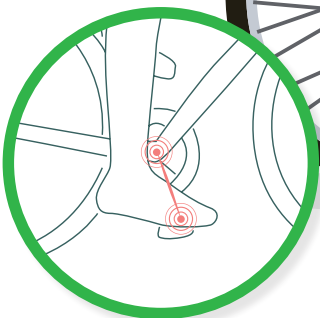


### 2 SEAT POSITION

With the pedals horizontally aligned, and the ball of your foot on the front pedal, your kneecap should be directly over the pedal spindle. The saddle should be set at a neutral angle.



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### 3 FOOT POSITION

Always ride with the ball of your foot over the centre of the pedal spindle, and toes facing forward.

### 4 POSTURE

While riding, keep a neutral spine by bending forward at the hips and avoiding the "hunch" in your back.

### 5 CORE STRENGTH

Having well-conditioned abdominal and back muscles will help to support your upper body while riding and minimize excessive swaying.