

Riding fit gold

- I know why riders should be physically fit
- I can describe how to find my neutral pelvis position
- I know why squats are beneficial to my riding position
- I can describe a movement that will help to strengthen my upper body
- I can list ways to improve my cardiovascular fitness
- I can describe how to stretch my hamstrings
- I can describe how to stretch my glutes
- I can give reasons why exercises and stretches are beneficial for riders