



FREE TRAINING GUIDE

POSTURE RESET

Undo the hunch the desk and the descents gave you. Ride taller, breathe easier,
hurt less on the way down.



WHY IT MATTERS

Your Position Is Costing You Watts

Eight hours in a chair, then two more folded over a set of bars. Same shapes, different sport. Rounded shoulders and a tucked pelvis don't stay on the couch — they ride with you.

A stiff thoracic spine limits how far you can rotate and extend, so your arms and lower back absorb the hit instead of your hips and core. Tight hip flexors pull your pelvis forward, switching off the glutes you need for climbing power and braking control. Weak mid-back muscles can't hold your chest up on long descents, so you fatigue into a worse position exactly when precision matters most.

None of this is about “sitting up straight.” It's about restoring the range and strength you've lost, so your natural riding position stops working against you.

THREE PHASES OF THE RESET



OPEN THE
T-SPINE



ACTIVATE THE
GLUTES



REINFORCE THE
PATTERN

Work through all three phases in order, three times a week. Each phase takes under two minutes — the goal is consistency, not duration.





THE PROTOCOL

The 8-Minute Daily Reset

8 MIN

PER SESSION

3X

PER WEEK

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EQUIPMENT NEEDED

MOVE	DOSE	CUE
Doorway Pec Stretch	30s / side	Ribs down, don't arch to reach
Open-Book Rotation	8 reps / side	Lead with the eyes, not the arm
Couch Stretch (hip flexor)	45s / side	Squeeze the glute on the back leg
Glute Bridge	3 x 12	Pause 1s at the top, ribs stay down
Band Pull-Apart	3 x 15	Squeeze shoulder blades, not just arms
Wall Angel	2 x 10	Low back and wrists stay on the wall

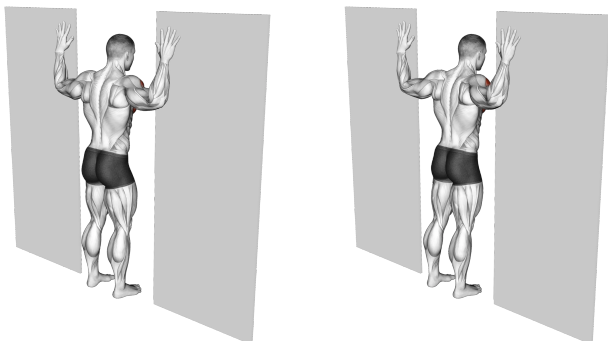
COACH'S NOTE

Do this before you ride, not just after. A body that starts in a good position has to travel less far to get out of one. If a stretch is painful rather than tight, back off the range and build up over days — mobility work should feel like effort, not injury.



THE PROTOCOL

How To Do Each Move



DOORWAY PEC STRETCH

Forearm on frame, step through until chest opens



OPEN-BOOK ROTATION

Knees stacked, rotate top arm toward the floor



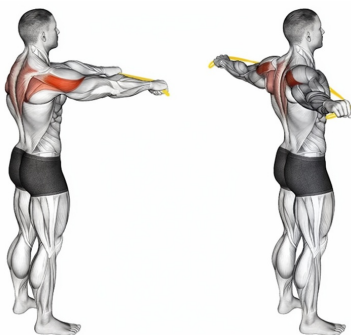
COUCH STRETCH

Back shin up, tuck the pelvis, stay tall



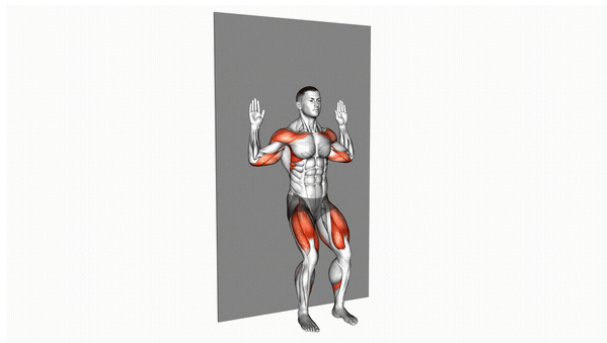
GLUTE BRIDGE

Drive through heels, squeeze at the top



BAND PULL-APART

Arms straight, pull to chest height, control the return



WALL ANGEL

Back flat on wall, slide arms up without arching



READY FOR MORE?

“Posture Reset” is one piece of the system. The full Chainring Performance program pairs posture, strength, and on-bike readiness into a single 12-week block built specifically for mountain bikers.

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Engineered strength meets earned altitude.