



FREE TRAINING GUIDE

RIDE READINESS

The 8-minute trailhead warm-up that gets your nervous system ready before your tires touch dirt.



WHY IT MATTERS

Cold Muscles Make Late Reactions

Static stretching in the parking lot feels productive. It isn't what your body needs in the next ten minutes — it temporarily dulls the exact power output and reaction speed you're about to ask for on the first descent.

A proper pre-ride warm-up raises muscle temperature, rehearses the ranges of motion you'll use on the bike, and primes the fast-twitch fibers that handle sudden compressions and quick direction changes. Skip it and your first climb becomes the warm-up — and your first sketchy line is the one you take with a nervous system that isn't awake yet.



THE SEQUENCE



MOBILIZE



ACTIVATE



PRIME

Move through all three in order at the trailhead. No equipment, no bike stand required — just eight minutes before you clip in.





THE WARM-UP

The Trailhead Sequence

8 MIN

TOTAL TIME

5

MOVES

0

EQUIPMENT NEEDED

MOVE	DOSE	PURPOSE
Leg Swings (fwd/back + lateral)	30s / side	Mobilize hips
World's Greatest Stretch	5 reps / side	Mobilize T-spine + hips
Glute Bridge	x 12	Activate glutes
Band Pull-Apart	x 15	Activate upper back
Broad Jumps	x 5	Prime power + reaction speed

READINESS CHECK

Before you drop in, ask: can I get into an attack position without thinking about it? Are my hands relaxed on the bars? If the answer is no, that's not a mindset problem — it's a warm-up you skipped. Run the sequence again.



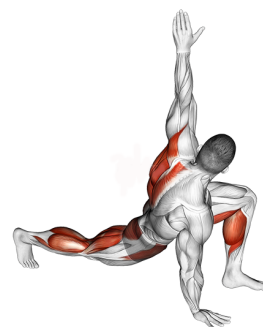
THE WARM-UP

How To Do Each Move



LEG SWINGS

Hold a rack or wall, swing forward-back and side-to-side, hips loose



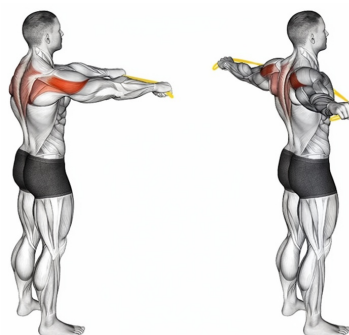
WORLD'S GREATEST STRETCH

Deep lunge, drop the back knee, rotate toward the front leg



GLUTE BRIDGE

Drive through heels, squeeze at the top



BAND PULL-APART

Arms straight, pull to chest height, control the return



BROAD JUMPS

Swing the arms, jump for distance, stick a soft landing





READY FOR MORE?

“Ride Readiness” 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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