

Riding fit platinum

- I can describe basic rider biomechanics
- I know the key areas for riders to stretch
- I can describe a:
 - a) Glute stretch
 - b) Hip flexor stretch
 - c) Shoulder blade stretch
 - d) Full body stretch
- I can describe three exercises for balance
- I can explain PRICE therapy
- I can list three red flags
- I can explain the value of cross training