

Nuggets-to-Go!

Mistakes to Avoid

Mistake #1 - Pants are too loose and wide at the bottom

- Wear cycling shorts or yoga pants that are tight fitting

Mistake #2 – Pointing your toes

- Keep a flat foot
- Better to wear cycling shoes

Mistake #3 – Death grip on the handlebars

- Use a light grip on the handlebars, shoulders are relaxed, open up through the chest.

Mistake #4 – Not enough resistance

- You don't want to bounce in the saddle.

Mistake #5 – Too much resistance

- You don't want to "mash down" on your peddle stroke.
- You want a nice even peddle stroke.

Tip – If you want to stand while peddling, make sure you have enough resistance for a nice, smooth peddle stroke.