



Wolf River Chapter of Shawano, WI

#5629

It's February, Start Getting Your Body Ready to Ride

You remember Hans and Frans, the personal trainers of the stars on Saturday Night Live. They made the phrase "PUMP YOU UP" famous. Well, they were busy this year helping celebrities get in shape to watch the Super Bowl. So they asked me, their 3rd cousin, Johns to PUMP YOU UP for the riding season.

Punxsutawney Phil, the famed groundhog predicts 6 more weeks of winter. But when you do start to ride, nothing is more nasty, or unsafe than sore wrists, arms, legs, and shoulders, an aching bottom, and getting tired way too fast. That's all for girlie men and softy women. If you start now, we can PUMP YOU, UP to be ready ride without the bad after effects.

To keep from getting tired, you need aerobic exercise for your heart and lungs. This will help you maximize your oxygen intake to stay alert. Don't let the cold weather stop you. Go for a brisk walk or jog for at least 15 to 20 minutes 2 to 3 times a week minimum. Bicycling is good too, and it's not as hard on the leg joints, though it's not easy on snow covered or icy streets. If you are too wimpy to go outside (it's actually okay), treadmills and stationary bikes work, but they will get you nowhere. Think about it! (just kidding J). Swimming or water aerobics are other great ways to build your stamina with less stress on joints. These exercises will help your stomach, arms, and legs as well. Bike or swim 2 to 3 times a week for at least 20 minutes or more each time.

We really need to PUMP YOU UP with some muscle building and toning. Mainly work on your wrists, arms, shoulders, and stomach (helps stabilize the back!). For your stomach forget sit-ups. They are hard on your back. Instead do "crunches". Assume the same position you would do for sit-up with knees bent about 90 degrees, feet on the floor and hands behind the head. With your back and neck straight, raise your shoulders off the floor about an inch, lower and relax. Start with 10 a day and work up adding 1 or 2 more each week.



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Arms, you guessed it, weights or push-ups. I am not talking about a bra, but these push-ups will help the bust line too. If you are way out of shape you can start by leaning forward on a counter or other immovable object and rise away from it. Like crunches, start with 10 a day and add more as you feel capable and comfortable. If you have weights or gym equipment, you can do bench presses, curls, and triceps extensions. Start with light weights you find easy and work up over time. For triceps extensions you can be in a sitting position with your back straight. Hold the weight (or large can or 2-liter bottle of something) in both hands extended over the head and slowly lower it behind your head, then raise it up again. Start small with 1 or 2 sets of 10 repetitions.

For the shoulders, do raises. With light dumbbells (or the food/beverage items) stand in a slight crouch with your arms hanging at your sides and your elbows bent a little. Hold the weights like you are holding your handgrips. Raise the weights up and away from your body until your arms are parallel to the floor, and then lower them back down. Again, start with light weights and 1 or 2 sets of 10 repetitions per day.

Finally, your wrists pull that old spring hand squeezer out of the junk drawer. If you are cheap, like me, you can use an old tennis ball or one of those tension squeeze balls. You can start with 2 sets of 10 squeezes and add sets as you get better. It is best to do this one 2 or more a day. Hold the squeeze in the same position you do your hands on the clutch and brakes.

Again, start small and work your way up. You may feel a little soreness to start. Like riding, these are things your body is not used to unless you do it regularly. Don't overdo it by trying to use heavy weights or tons of repetitions to start. That will make you sorer, and less likely to keep exercising. GO EASY to start. If you are over 40 years old and/or have health issues, see your doctor before we try to PUMP YOU UP!



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So "Hear me now and see me later!" as Hans and Frans would say! If you want to enjoy your riding from the start, if you want to run with the manly men and solid biker chicks, then we need to PUMP YOU UP! Ride and drive safe out there!

Mr. Safety
John Knickerbocker - 2014 Safety Officer