

## Muscle Imbalances

Most people, including athletes, suffer from muscle imbalances, which can distort your posture, causing problems with your balance, coordination, agility, movement, and athleticism. This can lead to injuries and chronic pain for many if left untreated. Several things in our everyday actions can create imbalance, such as lifting groceries, sitting at a computer or even lugging around a suitcase along with several sports and activities. Muscle tightness, poor posture and abnormal spinal curvature can also lead to imbalances in the body. The single most disproportionate imbalance is between the abs and back.

Motocross can also be huge a factor leading to imbalance due to the rounded backs and poor body positioning; all of which lead to poor posture on and off the bike. These imbalances can be created even faster if the rider does this activity with great frequency.

The goal is to enable the body to work together seamlessly on and off the bike. We will do this by training and stretching the body to work through some of these imbalances. You will notice Ryan performs several exercises on one side of the body at a time. In doing this, you will find that almost always, we are weaker on one side than the other. The intention is to strengthen that weaker side to “even our body out”. If a muscle on one side of the “teeter totter” is pulling harder than the other side, you are going to feel that imbalance, usually in the form of a backache and weakness in your athletic and day-to-day activities.

We will also help correct these imbalances through stretching the tight areas we generally see in MX. You will definitely feel the tight areas where that imbalance lies in your body when you stretch. Namely, these areas tend to be the hamstrings, quads, hips, and chest and lower back. When any of these are tight, you will often feel the imbalance all the way up the back, through the neck and shoulders. It can even result in tension headaches, muscle fatigue, weakness and low energy; which tells you just how important it is to become balanced. Your MX and athletic performance will become better by strengthening and stretching these areas.