

# GET BIKE FIT

Mental Health Motorbike promote good mental health, but we also know the importance of good physical health. This is not only good for wellbeing but also the safety elements of being 'bike fit'.

## KEEPING IT SIMPLE

We have highlighted six exercises aimed at strengthening the key muscle groups used when riding a motorcycle. They are easy for all abilities and can be easily done around the house without any special gym equipment. Follow the Mental Health Motorbike bike fit routine with our special guest fitness instructor, Weeble!\*

\*Not an actual  
fitness instructor



[www.mhmotorbike.com](http://www.mhmotorbike.com)

LETS GO...

# GET BIKE FIT

## ...WITH WEEBLE

Use of dog is  
optional but not  
encouraged



## THE WARM UP

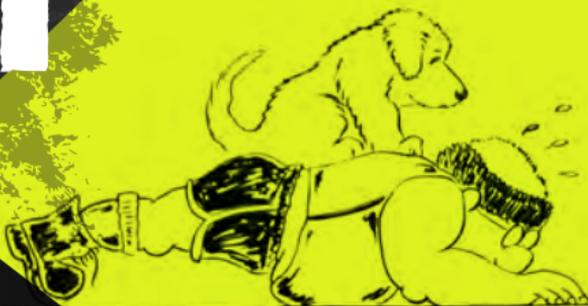
Using the stairs (or suitable platform if you live in a bungalow) step up and down using alternate legs for around a minute.



## STEP 1 OF 8

# GET BIKE FIT

...WITH WEEBLE



## CORE STRENGTH

A good core strength supports your upper body while on the motorcycle. It will help your posture, prevent back pain, keep the weight off your wrists and improve your balance.

Exercise: The plank – hold for 1 minute

Tip: Beginners can use their knees rather than their toes.

Dog noticed that the belly was giving unfair assistance



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STEP 2 OF 8

# GET BIKE FIT

## ...WITH WEEBLE



Biscuits can also give additional encouragement and incentive.



## CALVES

A strong calf is important to be safe and stable when supporting the motorcycle while stationary. It will also help with your feet on the pegs for sports bikes or standing with an off road or adventure bike.

Exercise: Calf raise (raise up on your toes) – 20 reps

Tip: As you increase your strength you can also try single calf raises off one foot



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## STEP 3 OF 8

# GET BIKE FIT

...WITH WEEBLE



## BICEPS

The bicep is a key arm muscle and a strong bicep will make the handling of a motorcycle much easier.

Exercise: Bicep curl – 10 reps per arm

Tip: If you have dumbbells, great, but any weight that you can find around the house will do. Try a bottle of water.



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STEP 4 OF 8

# GET BIKE FIT

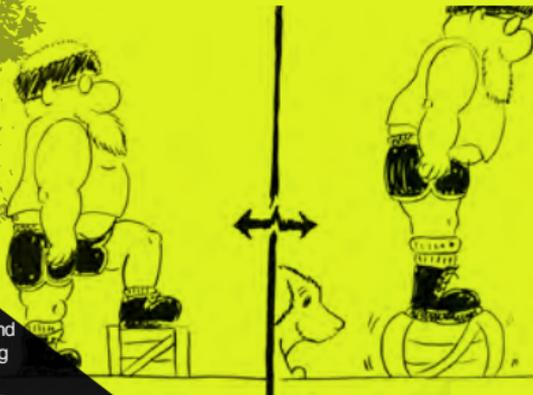
## ...WITH WEEBLE

### HAMSTRINGS

The hamstrings to the rear of your upper leg and the buttocks are especially important for moving around the motorcycle while riding. A strong hamstring will give you better control of the bike overall and can work with your quads as shock absorbers. They can also help if you ever have to pick your bike up!

Exercise: Bench steps – 10 to 20 steps

Tip: Find a sturdy platform ideally higher than the stair we used in the warmup. A chair would be ideal



Make sure your  
step can support  
your weight!



## STEP 5 OF 8

# GET BIKE FIT

## ...WITH WEEBLE

### QUADS

The quads are the upper thigh muscle. Another important muscle to maintain stability when stationary and a muscle that can also act as a shock absorber. Again, also useful for picking up a dropped bike.

Exercise: Wall squats – hold for 15 to 30 seconds

Tip: These are low impact quates. As your strength improves you might want to try full squats of 10 reps without the support of a wall.



Dog did wonder  
if he was stuck



## STEP 6 OF 8

# GET BIKE FIT

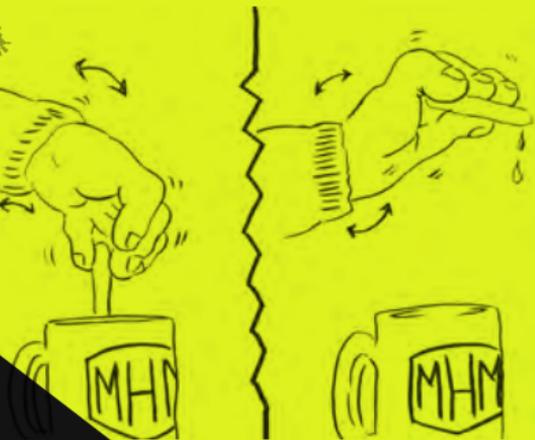
## ...WITH WEEBLE

### FOREARMS

The forearms consist of several small muscle groups. These can often be overlooked but for a motorcyclist they perform an important function when using the throttle, clutch, and brake. A strong forearm will improve stamina and reduce fatigue when riding.

Exercise: Wrist extension – 20 reps per arm

Tip: Another exercise that can use household items such as a bottle. Imagine rolling the throttle on and off.



You can work up to weights  
but they don't dunk so well



## STEP 7 OF 8

# GET BIKE FIT

...WITH WEEBLE

## COOL DOWN

While standing bring your heel up towards your buttock. Hold for 30 seconds. Repeat with other leg.

Stand with legs slightly apart. Slowly lean forward and slide your hands down your thighs. Reach for the floor and let your muscles naturally stretch. Hold for 30 seconds and slowly raise back to a standing position.

*Note: If any exercise give discomfort do not continue but it is normal to feel the burn and be a little stiff the day after.*



Thanks Weeble,  
You can go and  
take a rest now.



STEP 8 OF 8

# GET BIKE FIT

## THE LEGAL BIT

*Mental Health Motorbike strongly recommends that you consult with your doctor before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. Mental Health Motorbike is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Mental Health Motorbike from any and all claims or causes of action, known or unknown, arising out of Mental Health Motorbike negligence.*

Also, Weeble is  
not a legitimate  
fitness coach



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**FOR THE WELLBEING OF BIKERS**