

# DYNAMIC MOTIVATION

## Why do we ride?



For most Mountain Biking is a way to get out and have some adventure and just enjoy the way it makes you feel. There is the factor of being out in nature with the endorphins of doing some exercise and adrenalin from speed and risk. Put it together into a great flowing ride and it's the perfect escape from the mundane and the chance to do something really cool.

Each of these factors combine in different ways to provide the amazing individual experience for each of us that is mountain biking and with the increase in ride venues its easy to see why mountain biking is growing so fast as a great participation sport.

The only things that can lessen the experience are not having the skill or fitness to be able to make the most of it. This can be a cruise on your local trail or during a trip to your dream destination. You want to be able to ride at a level that you can safely make the most of the trail in front of you and be fit enough that you are not hurting to the point that the ride is no longer enjoyable. That's where we can help, and over the next few months we will be providing tips on how to get the most from your riding.

**It doesn't matter what type of riding you do or what level you are at, the number one thing that will increase your enjoyment is improving stability on the bike.**

The more stable you are, the more in control you feel, and the more you can do. Whether it be an easy social ride, smashing down extreme terrain or anywhere in between. To increase stability on the bike we need to look at body position. For most of our clients this is the place we start with all training, and it provides the biggest improvement in riding. To be stable on the bike you need to have your weight low, centred and even across both wheels.

Most people ride too tall and too far back on their bike which raises the centre of gravity and reduces traction on the front wheel.





CAN YOU MAKE THE MOST OF IT?

**PERFECT DAY  
DREAM BIKE**

**AMAZING TRAIL  
BEST FRIEND**



**RIDE TO YOUR POTENTIAL. FIND OUT HOW:  
[www.dynamicmotivation.com.au](http://www.dynamicmotivation.com.au)**

There are perfectly valid reasons for this:

1. Comfort
2. Poor bike setup
3. Concern about going over the bars (OTB)

#### Comfort

Normally the most comfortable position, especially for those new to mountain biking, is to ride in what we call the "riding to the pub position"; where you are sitting reasonably upright with arms fairly straight. This is the most comfortable position to cruise on fire trails but isn't great for stability, as your weight is mainly on your rear wheel.

#### Poor Bike Setup

Often brake position and bar height are set for a comfortable ride to the pub position rather than stable riding. This will once again move your weight backwards, impacting ride stability.

#### OTB

Most people are concerned about going OTB and tend to move back to avoid it. Unfortunately, not weighting the front wheel properly actually increases the chances of an OTB. There is a culture that came from old bikes with road geometry that said you need to ride back on the bike on anything bumpy or downhill. With modern bikes these days are over.

So how do we get into this more stable position?

The key to body position is to lean to a forward position where your chin is over your stem with your wrists rotated forward and elbows high with your back flattening out. You can keep your bum over or on the seat.



A common mistake when initially learning to move your weight forward is the tendency to tuck your elbows in and your wrists low. This puts you in an unstable position as all your upper body movement is controlled and held with the triceps (small muscle group at the back of your upper arm), which doesn't allow for a good range of movement and fatigue quite easily.

Rotating your wrists forward and moving your elbows forward stabilises this position as it moves the weight and control up to the chest, which is made up of stronger muscle groups. This position can be maintained sitting in flowing smoother trails or standing when the trails are rougher or speed increases. If standing you can stand with arms and legs a little straighter to make it more comfortable and easier to maintain and then sink a little lower for short periods when you need that little extra stability.

Bike setup can make getting into a forward table position easier if you try lowering your brake levers a bit so that in a forward position you have a straight line down your forearm through your wrists and into your fingers. This will help promote that natural forward position and take a lot of strain off your wrists compared to having levers in a higher position.

To confirm you are in a more balanced position there are a couple of things you can do. If you are on a dual suspension bike and it is set up well, when you bounce up and down the suspension should react evenly at both ends. The other thing you can do is move forward 'til you feel pressure on your thumbs on the handlebars, and back til you feel pressure on your fingers on the handlebars - you are looking for that sweet spot in the middle where you feel relaxed. Try this: Put the magazine down, grab your bike and go cruise around and get the feel of this position, if it's new to you start on easy terrain until it feels natural and progress onto harder terrain.

Once you are comfortable with this new body position, the next step is to work on relaxing and letting the bike move around under you. If your bike is moving your body around you are a passenger. If your body remains stable and it's your bike that moves as you go over rough ground, then you are a rider. As the main time we fall off a bike is when our body moves in an uncontrolled direction, if we can get to the point where going into rough ground our body position is set and stable and the bike doesn't buck us around, we are going to be safer, more stable, faster and much smoother.

Time to go and put this together. Spend some time, slow down, think about your position and how you are moving on and with the bike. It may take a bit of time to get comfortable with all this, but it's worth the time. Once you have it dialled, your flow will improve and that feeling we spoke about at the beginning of this article will only get better! Want some help with your riding? Visit our website [www.dynamicmotivation.com.au](http://www.dynamicmotivation.com.au)