



Kaution Korner **By Traveler** **Rider Maintenance**



OK, it's the winter season, no riding and we have maintained our bike and safely placed it in storage. We checked, cleaned and replaced our personal safety gear and, we reviewed our insurance policy. We checked the expiration dates on our first – aid kit and renewed our motorcycle drivers license and registration.

In our spare time, we watched motorcycle safety videos, took a GRASS refresher course and read a book or two on motorcycle riding and safety.

What's left? YOU, the rider. What have you done to prepare yourself for the next riding season. Have you:

- Scheduled a wellness check with your primary care physician?
- Started a weight loss program?
- Had that elective surgery that you keep postponing?
- Had your annual hearing exam?
- Taken an eye exam and updated your glasses?

- Reviewed your prescription medication with your doctor?

If you think that you are ready to take on the riggers of the next riding season, take the time to look into a full-length mirror and, accept that you probably need to start a workout regimen, after checking with your doctor, to get yourself in shape.



Here are some areas to consider in your motorcycle exercise program. And don't forget—before starting any exercise program, consult with your doctor.

Legs

Our legs are the largest muscle group in our bodies. We use our legs to lift our motorcycles from their side stands, support them at stops, and, at times, push them around.

While there are several weight-training exercises you can work on at a gym, the simple act of walking will do wonders. It's also free. Walking every day, will keep your legs strong and offer benefits to your cardiovascular system. And, it also will make you wish it was already riding season.

Core strength

If your back, neck, or shoulders are achy after the first ride of the season, this is a

sure sign you need to work on your core strength.

Before you start working on core strength, it is smart to consider a session with a professional trainer to learn the proper techniques. Here is a partial list of some exercises that work on your core:

- Sit-ups
- Modified sit-ups
- Abdominal crunches
- Plank
- Side plank
- Push-ups
- Squats
- Back extensions

Arms and upper body

All motorcycles, particularly trikes, require upper body strength. Riding positions vary from sitting upright to leaning forward. Your riding position will have an effect on how much upper body strength you'll need to ride comfortably and safely.

Work on strengthening your arms and upper body. Consider such exercises as:

- Chest press
- Rowing
- Bicep curls
- Triceps press down
- Wall push-ups
- Hand grip squeezes

Get into a daily routine like, upper body exercise every other day, core exercise twice a week, daily arm and leg exercise, etc. Make your routine fit your needs and start slowly to build up your exercise routine gradually. This will help avoid overdoing it and incurring injury.

Just like your bike, you need to be in top



notch shape for a safe and enjoyable ride and....to be ready for your first ride of the season after your parking lot familiarity ride!

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