

Essential Recovery Tips for Electric Bike Riders



Warming Up for Your Ebike Ride

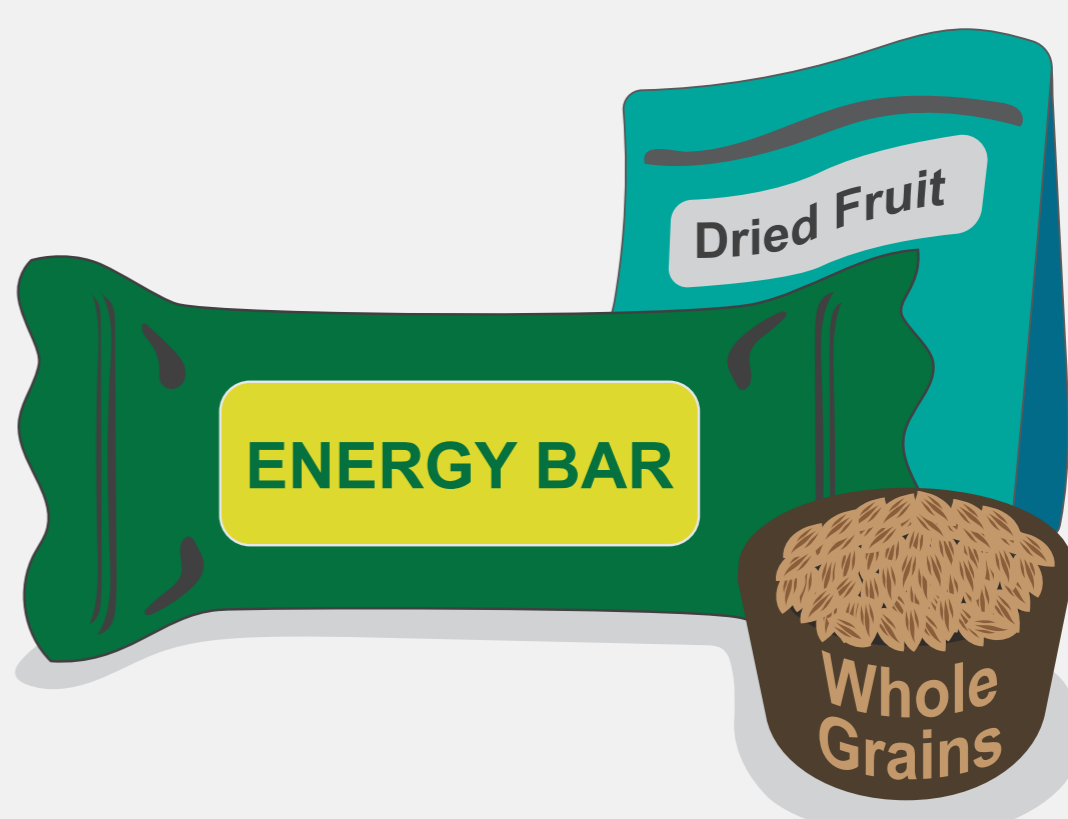
Disclaimer:

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PRE-RIDE

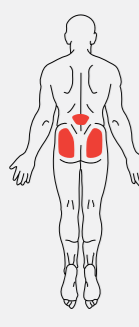
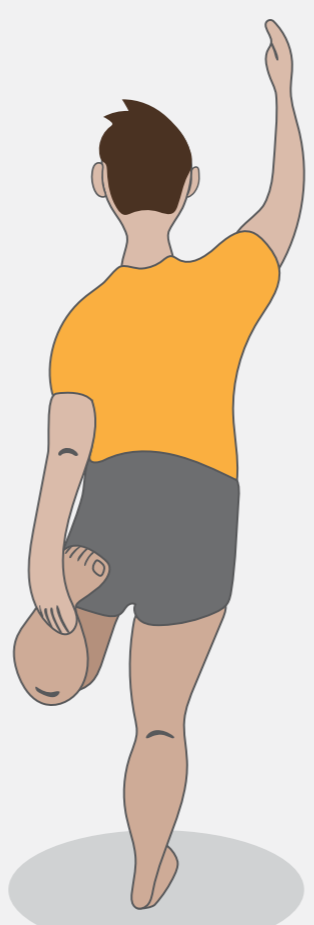
Why Nutrition Matters

Research has been, and continues to be, conducted to show that there is an important link between physical performance and nutrition. A study concluded that athletes have a vital need for carbohydrates as a key component of their diet; carbohydrates are the only nutrient our bodies can easily break down to provide lasting energy during periods of moderate to high-intensity exercise. In order to sustain our bodies and reach our activity goals, aka long bike rides, our bodies need the proper fuel. Otherwise, we'll run the risk of having a short-lived ride. Consider energy bars as a quick and convenient way to pack in some nutrition before a long electric bike ride. Keep an eye on the ingredient list, making sure they contain at least one of these for maximum riding energy: whole grains, dried fruits, or nuts. Certain whole grains are broken down gradually, so energy is more slowly released throughout the body, making it a good source of long-term fuel. Dried nuts are also a great concentrated source of carbohydrates and protein giving you a boost of energy, while dried fruits can introduce a kick of sugar into your system. Nutrition is key not just for a long and energy-filled ebike ride, but it can also boost your mood so you have more fun while riding an ebike out and about!



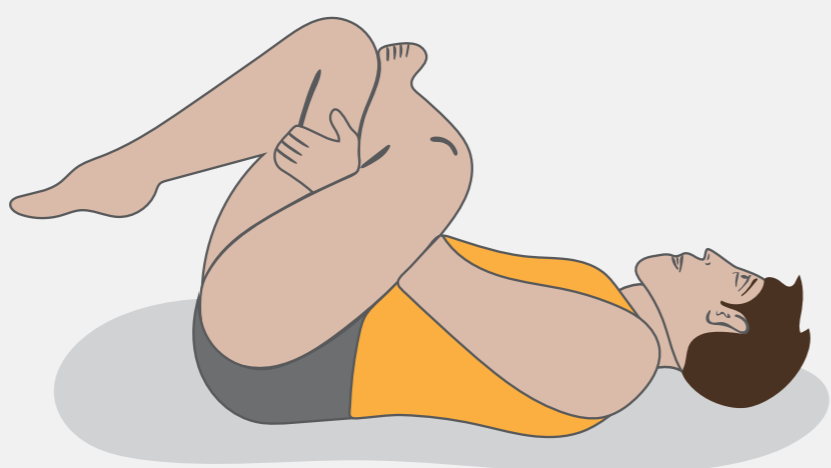
Quadriceps

While standing, reach back with your right hand and grab your right foot at the top of your ankle (you'll need to lift your leg backward to meet your hand). Then, slowly pull your foot closer to your behind giving you a deep stretch. Be careful not to pull your foot too fast. Hold for 15-30 seconds then switch legs.



Gluts/Hip Flexors

Lie flat on your back with both knees bent upright. Lift one knee up keeping it at a 90-degree angle, then move it inwards, crossing your lifted ankle over your bent knee. Then, lift the bent leg up toward your chest. To lessen the possible pressure on your lower back when doing this stretch, reach one hand in between your legs grabbing onto your inner thigh, and reach the other around the outside of your thigh. You can place your hands anywhere on your thigh that feels most comfortable. Breathe as you pull your lifted knee in towards your chest, then switch to the other side.



Stretching 101

Stretching is one of the most forgotten parts of most people's exercise or activity routines. Depending on who you ask, stretching is recommended for at least 10-15 minutes before you work out and 10-15 minutes after your workout. That time doesn't even include your actual workout! Well, we're here to challenge the dread that comes with adding a stretching component into your ebike routine, and hopefully, make it more enjoyable by emphasizing its importance and simplifying it.

Stretching is vital to add to your pre and post-electric bike ride routine because it both prevents you from injury and helps alleviate existing tension. Even incorporating some light stretches before biking, like the ones we're going to discuss, can do magnitudes for your body. The three-body groups you'll want to focus on are your quadriceps, hamstrings, and glute/hip flexors.



Hamstrings

Standing with your feet slightly more than hip-width apart, slowly start to bend forward at the waist, letting your arms dangle either at your sides or toward the ground. You should feel a pull at the back of your thighs. If the stretch is too tight or overwhelming, bring your feet closer together, and don't feel pressured to bend all the way down to touch your hands on the ground. Stay in this stretch for several slow and deep breaths, and more importantly, stretch to a degree that feels comfortable.

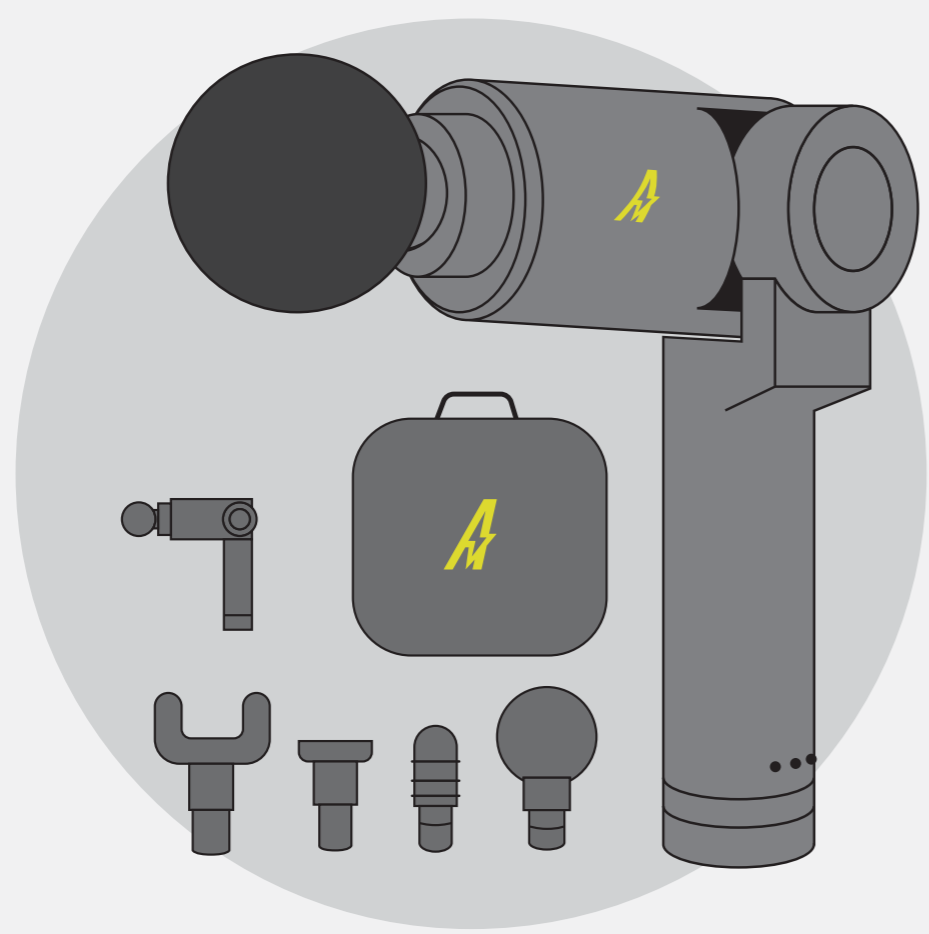
Essential Recovery Tips For After Your Ebike Ride

POST-RIDE

Fuel For Thought

Without food, we wouldn't be able to do half of the things that we, humans, are able to do. Food is what fuels us. Although the majority of our energy can come from traditional plates consisting of a protein, a carbohydrate or starch, a fat, and some form of green (Again, health is wealth! Don't forget to eat your veggies.), we humans are always on the go, and sometimes, we don't have enough time to eat a full-balanced meal right after a bike ride. Introducing: a post workout recovery drink.

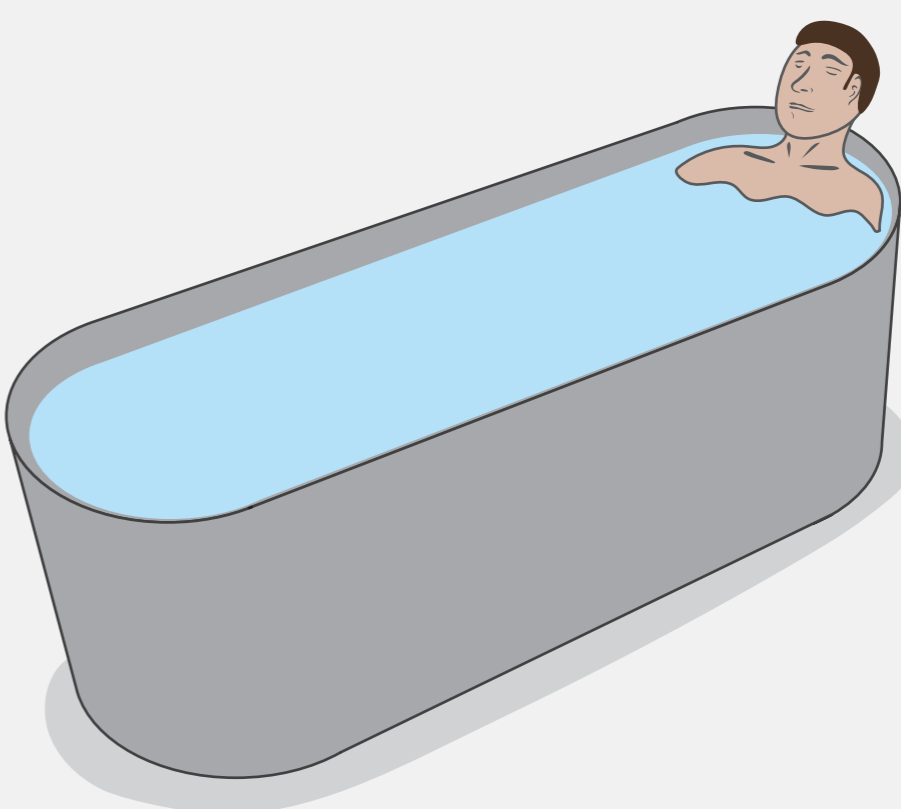
Workout recovery drinks are not intended to be meal replacements, but instead, are a way to rapidly replenish your body and boost your depleted energy after a period of activity. They conveniently provide our bodies with carbohydrates, electrolytes, fluid to combat dehydration, and protein. Ongoing research trends suggest that recovery drinks with a 4:1 ratio of carbohydrates to protein may be most optimal for workout recovery, including ones like electric bike riding. Together, carbohydrates replenish depleted glucose levels, which is the main source of fuel for our cells, and protein assists in more sustainable muscle recovery.



Massage Gun

Brr..ing on the Ice Bath

On the topic of inflammation, ice baths are another key component to consider adding to your post-e-bike ride recovery routine! Remember seeing athletes in movies jump into bathtubs full of ice, and never really knowing why they'd willingly sit in pounds of ice? And no, in real-life, a bathtub full of ice isn't really necessary, although if you can pull it off, power to ya! Ice baths are actually infamous for decreasing overall bodily inflammation, delaying muscle soreness, and improving circulation. To put this "bio-hack" into simpler terms, ice-cold temperatures constrict our blood vessels, causing our body temperatures to decrease. When we start the rewarming process, our blood vessels then start increasing circulation. This is where our internal healing and post workout recovery happen. While most specialists recommend bathing in ice water that is between 55-59 degrees Fahrenheit for about a maximum of 10 minutes, don't be afraid to be more conventional with your exposure to this recovery modality. Begin at a temperature more within your comfort zone, and then gradually decrease the more you ice bath. The same applies to the length of time you are able to tolerate the colder temperatures. A minute sustained even in 70-degree-Fahrenheit water is still a minute to be proud of!



Prioritize Catching Those ZZZ's

Last, and certainly not least, there is an important correlation between a restorative night's sleep and muscle recovery. Experts recommend aiming to get between 7-9 hours of restful sleep per night. Muscle-building growth hormones (GH) are secreted during the non-REM sleep phase, which essentially is known as 'deep sleep.' GH hormones are partially responsible for muscle recovery, and poor sleep has a direct effect on how your muscles will recover. In an effort to get a better night's rest, it's recommended to:

- Limit caffeine intake and exposure to blue fluorescent lights. Yes, that means late-night social media scrolling and tv bingeing will have to go or be minimized.
- Try to consistently go to bed at the same time every night. If you're a night owl, try to go to bed earlier, subsequently scheduling your 'wind down' pastimes sooner as well.
- Exercise is a large factor in tiring our bodies in preparation for a restful night's sleep, so keep up your ebike workouts!

