Warming Up
Riding an ATV requires a lot of body movement. Doing warm-ups before you stretch, will help prevent muscle strain and injury.

Stretching
Remove large and sharp objects from pockets. Do not overexert yourself on warm-up exercises. These are minimal exercises and repetitions suggested for warming up. As with any strenuous activity, you should consult your doctor if there is any doubt about you being in shape to ride. Sore muscles or joints could limit your movement and require you to take extra precautions when riding.

Stretching Exercises
Possibly one of the areas most neglected by ATV riders these days is that of injury prevention through stretching. It’s only when you fall off and are flexible enough to avoid injury that you will really reap the benefits of stretching.

The Stretching Routine
Before you proceed with the following stretching exercises, you should warm-up your muscles by doing a brisk walk or jogging on the spot for a few minutes.

When stretching, make sure you don’t push too hard too soon – stretching shouldn’t hurt. Gently stretch each muscle rather than bounce.
Chapter 2

Stretching Upper Body

UPPER FOREARM: With your palm face down with the other hand, bend your wrists. Keep your elbows and palms of your hands as straight as possible.

LOWER FOREARM: Very similar to the upper forearm exercises. Push forward and bend at the wrist, keeping your hand straight.

NECK: SIDE: Tilt your head towards your shoulder to feel the strain down one side of your neck. Stretch your neck to the left and right side.

NECK: FORWARD: Pull your chin down to your chest and gently back.

SHOULDER: Pull one elbow across in front of you and then hold it with your other arm. You will feel the strain across your shoulder.

SHOULDERS #1: Interlock fingers and stretch your arms out in front of you, keeping your elbows as straight as possible.

SHOULDERS #2: This is the same as the previous exercise except stretching upwards.

SHOULDERS #3: Clasp your hands together behind your back and pull your arms upward.

...it. Hold for 20 to 30 seconds when you feel a slight stretch, continue breathing and try to ease into a further stretch and then release.

And remember, not everyone is as flexible as one another, so take it carefully when you do your stretches.