



## → Training Tips

### THE SPINNING® PROGRAM— KEEPING IT SAFE

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As the original indoor cycling program, the Spinning program simulates real cycling terrain, conditions and techniques using five core movements and three hand positions that make real cycling sense. Over 175,000 instructors worldwide agree—we wouldn't do anything on a Spinner® bike that we wouldn't do on a road bike. For this reason, the Spinning program emphasizes form and technique that is effective, safe and true to tradition. Each safety tip described below explains how to make each ride comfortable, safe and most importantly, fun.



#### BIKE SAFETY AND SETUP

Spinner bikes are designed and engineered to fit all shapes, sizes and abilities. Adjustable, with a real-bike feel, Spinner bikes let you tailor seat and handlebar height to create the perfect fit—and this is important. With the proper bike setup, you reap the full benefits of Spinning movements and minimize the risk of injury. As a new student, be sure to arrive to class at least 15 minutes early to discuss bike safety and setup procedures with your instructor. Remember to ride at your own pace and learn the seated movements before advancing to standing movements and jumps. Always stay in control and focus on your form. Most importantly, have fun!



#### FORM AND FIGURE

Proper form is an essential part of the Spinning program. If you don't have the right form and technique, you not only lose out on a great workout, you may be putting your body at unnecessary risk. Here are some of the questions that determine whether a movement should be used in Spinning class:

- » Can you perform the movement on a road bike? If not, don't do it!
- » Are you in control?
- » Does the movement seem to have a physiological function, or is it just used as choreography?
- » Is the movement safe and efficient?
- » Does the movement feel natural?



**The following movements are variations on Spinning technique that can compromise your workout.**

#### EXCESSIVE MOVEMENT

Excessive upper body movement, including crunches, push ups and excessive side-to-side leaning is not only inefficient, it can throw off your balance and possibly strain your back. If you want to build upper body strength, dedicate time to these exercises in a separate strength building session—off the bike.

→ For more information about the Spinning program, visit **[www.spinning.com](http://www.spinning.com)** or call **800.847.SPIN (7746)**.

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### RIDING POSTURE

Riding seated in Hand Position 3 might seem perfectly harmless, particularly since elite cyclists ride in a similar position using aero bars. Since triathletes have custom fitted bikes with shorter top tubes, they can stretch into this position comfortably. On the Spinner® bike, this hyper-flexed position may strain the back and can be uncomfortable, particularly for shorter individuals.



### “SQUATS” AND OTHER ISOLATED MOVEMENTS

Isolating the lower body while pedaling might feel like a great exercise for the quadriceps, but it can place undue strain on the knees and spine. Instead, try a hill climb in Hand Position 2.



### PEDAL STROKE

Do not pedal backwards or with one foot out of the toe cage or cleat. Pedaling with one leg is an advanced drill that elite cyclists practice on trainers—not fixed-gear bikes like the Spinner bike. On a Spinner bike, these drills have absolutely no benefit, since muscles work the same and burn equal numbers of calories pedaling forward and backward.



### JUMPING TOO QUICKLY

Jumps are effective and challenging, but when they're performed too fast, they don't do any good. Since the focus of Jumps is to create smooth transitions between seated and standing positions, the key is proper speed. If Jumps are performed too quickly, the exercise is ineffective.



### SPEED

Riding at high cadence without resistance is ineffective on a Spinner bike. Instead, ride at 110 RPM or less. If you begin to bounce in the saddle, increase the resistance. Riding at a consistent pace with good resistance develops power, strength and endurance.



### STRETCHING

Stretching can be as important as the ride itself and it's best done off the bike. Stretching seated with one leg up on the bike or standing with one leg on the handlebars can do more harm than good. It's easy to accidentally slip out of pedals, or worse—off the saddle. Allow your body time to cool down and dedicate time to stretching off the bike. You worked hard; you deserve it!

Remember, the Spinning program is intended to simulate a real cycling experience. If you wouldn't perform a movement on a road bike because of safety concerns or physical limitations, don't do it on a Spinner bike.

### SPINNING® GEAR

The right gear not only makes your ride more comfortable, it makes it safe. Make sure you start every class with a full water bottle, a towel and cycling shorts. Visit [spinning.com](http://spinning.com) to browse our Spinning essentials, including 28 oz. water bottles so you can stay hydrated, ultra-absorbent Spinning towels that keep sweat away from your handlebars and padded cycling shorts for a comfortable ride.