

# SPINNING®

## GUIDE TO RIDE



SPINNING®



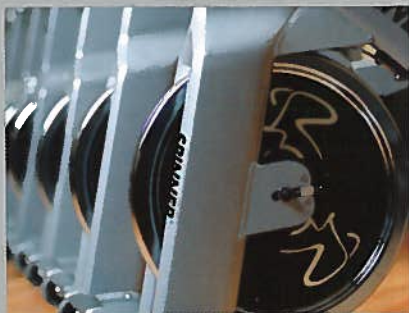
# WELCOME TO THE SPINNING® PROGRAM

As the creators and global leaders in indoor cycling equipment and education, we know what it takes to help you get the most out of every ride. With expert coaching by a certified Spinning instructor and energizing, cycling-inspired rides that combine sound training principles, inspirational music and a unique mind/body philosophy, the Spinning program has helped millions of people get into the best shape of their lives. Whether you're new to the Spinning program or have been riding for years, the Spinning program provides all the tools you need to achieve your health and fitness goals.

The Spinning program was derived from real road cycling and combines three basic hand positions and five core movements that are simple, fun and easy to learn. With a distinct core philosophy, solid programming and a bike designed to fit all shapes, sizes and abilities, the Spinning program has always had the singular goal of bringing health and fitness to every lifestyle.

We've developed the Spinning Guide to Ride as your introduction to the Spinning program, to help you get the most out every Spinning class you take. Inside you'll find the hand positions and core movements, heart rate guidelines, proper bike setup, safety and more—everything you need for a safe, effective, and most importantly, fun workout.

**Enjoy the ride!**



## » GET READY TO RIDE

Proper bike setup ensures a more comfortable ride and reduces your risk of injury.



### Seat Height

At the proper height, there should be a 25-35 degree bend in your knee at the bottom of a pedal stroke.



### Fore/Aft Position

Sit on the bike as if you were riding and hold the pedals in a position where they are level. Your forward kneecap should be directly above the center of the pedal.



### Handlebar Height

Position the handlebar at approximately the same height as your seat, or higher if you feel any discomfort in your back.



### Resistance Control

Pedaling resistance is controlled by the resistance knob located below the handlebar. Resistance adjustments can be made while riding to vary the intensity of your workout. To increase resistance, turn the resistance knob clockwise (+); to decrease resistance, turn the knob counterclockwise (-).

Note: In case of emergency, you may press directly down on the resistance knob to bring the flywheel to a stop.



### Pedal Stroke

The Spinner® bike creates a continuous, non-impact pedaling movement. Instead of simply pushing down on the pedals, you should apply force throughout every part of the pedal stroke, using a full range of motion and all available muscles. This “full circle” technique generates more power and utilizes energy most efficiently.





## » SPINNING® SAFETY

- » Consult your physician before beginning this or any other exercise routine. Not all exercise programs are suitable for everyone. Discontinue any exercise that causes you discomfort, and consult a medical expert.
- » Spinner bikes have a weighted flywheel and a fixed gear. This means that in order to stop, you must gradually slow your pedal strokes rather than stopping abruptly. If you do need to stop immediately, push down on the resistance knob.
- » Listen to your body, ride at your own pace and set your bike's resistance at the level that feels right for you. If you become faint or dizzy, gradually stop pedaling and dismount the bike.
- » Stretching before and after your workout can prevent injury and soreness. Hold each stretch for 30–60 seconds, breathe deeply and do not bounce.
- » Your Spinning instructor is there for you. If you have any questions or need help—ask!

## » HAND POSITIONS



**Hand Position 1** is optional and can be used for warm-up, cool-down and Seated Flats. Place the hands toward the center of the bars and rest the sides of the hands on the handlebars. Always keep the elbows and shoulders relaxed.



**Hand Position 2** is used for Seated Flats, Standing Flats, Jumping, Sprinting and Seated Climbs. The wider hand position opens up the lungs to facilitate breathing and provides stability during out-of-the-saddle movements.



**Hand Position 3** is used for Standing Climbs, Sprints and Jumps on a Hill. Lightly grasp the ends of the handlebars and place the thumbs over the ends of the bars.

# » CORE MOVEMENTS



## **Seated Flat**

The most basic movement in the Spinning program, the Seated Flat helps build strength, stamina and a strong fitness base.

(HAND POSITION 1 OR 2)



## **Standing Flat (Running)**

The Standing Flat is an upright, standing run performed with light to moderate resistance. Running uses core muscle groups to stabilize the lower body and improve leg speed and endurance.

(HAND POSITION 2)



## **Jumps**

Jumps are performed by transitioning in and out of the saddle with smooth, controlled movements. Jumps develop overall strength, timing and balance.

(HAND POSITION 2)



## **Seated Climb**

The Seated Climb challenges the lower body, targeting the gluteals and hamstrings for strength, toning and definition.

(HAND POSITION 2)



## **Standing Climb**

The Standing Climb is an out-of-the-saddle hill climb that strengthens and defines the leg muscles, particularly the quadriceps.

(HAND POSITION 3)

## » ADVANCED MOVEMENTS



### Running with Resistance

With moderate resistance, balance your weight over the center of the bike, grip lightly on the handlebars, relax your shoulders and hold your head in line with your spine.

(HAND POSITION 2)



### Jumps on a Hill

With heavy resistance, start out in a Seated Climb and transition to a Standing Climb, one hand at a time. Continue to transition between seated and standing.

(HAND POSITIONS 2 AND 3)



### Sprints

With heavy resistance, explode out of the saddle into Hand Position 3. Once you “break” the gear, sit back in the saddle (Hand Position 2) and keep up the cadence for 20–30 seconds.

(HAND POSITIONS 2 AND 3)



### Sprints on a Hill

A Sprint on a Hill is similar to a Sprint, but with even more resistance to simulate the hill climbing. Explode out of the saddle (Hand Position 3) and push hard for 15–20 seconds.

(HAND POSITION 3)





## » HEART RATE TRAINING

### **Recovery Energy Zone™**

50-65% OF MAXIMUM HEART RATE (MHR)

Recovery is an essential part of any exercise program. By balancing high intensity exercise with easy to moderate recovery rides, your body has opportunity to heal, repair and rest. It is the only way to prevent overtraining, burnout and fitness plateaus.

### **Endurance Energy Zone™**

65-75% OF MHR

Endurance rides build the all-important aerobic base. In this zone, you maintain a steady heart rate and comfortable pace over longer distances and extended periods of time.

### **Strength Energy Zone™**

75-85% OF MHR

This zone improves cardiovascular fitness and builds muscular power by training your anaerobic threshold and loading resistance.

### **Interval Energy Zone™**

65-92% OF MHR

Intervals push your body to perform at peak levels and recover quickly. Rides in this zone emphasize speed, tempo, timing and rhythm in a variety of movements including quick pedaling on flats, acceleration drills and jumps.

### **Race Day Energy Zone™**

80-92% OF MHR

The Race Day Energy Zone ride is an opportunity to see how your training has paid off in a challenging time trial ride—the ultimate Spinning challenge.

**For additional heart rate training guidelines or to purchase a heart rate monitor, visit [www.spinning.com](http://www.spinning.com).**





## » ENERGY ZONE™ HEART RATE CHART

AGE	RECOVERY 50–65%	ENDURANCE 65–75%	STRENGTH 75–85%	INTERVAL 65–92%	RACE DAY 80–92%
<b>20-23</b>	100-129	129-149	149-168	129-182	160-182
<b>24-27</b>	98-126	126-146	146-165	126-178	155-178
<b>28-31</b>	96-123	123-143	143-162	123-175	153-175
<b>32-35</b>	94-120	120-140	140-159	120-172	150-172
<b>36-39</b>	92-118	118-137	137-155	118-168	146-168
<b>40-43</b>	90-116	116-134	134-151	116-164	143-164
<b>44-47</b>	88-113	113-131	131-148	113-161	140-162
<b>48-51</b>	86-110	110-128	128-145	110-157	137-157
<b>52-55</b>	84-108	108-125	125-141	108-153	133-153
<b>56-59</b>	82-105	105-122	122-139	105-150	131-150
<b>60-63</b>	80-103	103-119	119-135	103-146	128-146
<b>64-67</b>	78-100	100-116	116-131	100-142	124-142
<b>68-70</b>	76-98	98-113	113-128	98-139	120-138

Consult with your doctor before beginning any exercise program.

## » GEAR UP

The right gear makes a great ride even better.



**Padded cycling shorts** bring extra comfort to your ride.



Our **gel seat cover** is a good alternative to padded shorts.



**Moisture-wicking tops** keep you cool and dry—even when you're hot and sweaty.



A **water bottle** and **towel** are musts for every ride.



Use a **heart rate monitor** to control your intensity and measure your progress.



Our **Big Gear Bag** has room for all your Spinning class essentials.

Visit [www.spinning.com](http://www.spinning.com) to explore our full selection of **Spinning® gear and accessories**.

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