

## Why Spinning?

It's fun, challenging and you get a great cardiovascular workout in a short amount of time in a group environment. It is like taking a two-hour bike ride in 45 to 60 minutes and provides an excellent opportunity to improve your pedaling efficiency.

Each week, an instructor will arrange and lead a challenging program to upbeat music. The programs are designed to warm you up, push you and cool you down.



## You Control the Effort

**You determine your effort by controlling the amount of tension the pads apply to the flywheel via the tension knob shown here.**

Therefore, whether you are following a training plan, monitoring your heart rate or just wanting a good workout, you are always in control.



The instructor may tell you to increase (+) the tension by saying, "Up a little", "Up a lot", "Up a quarter turn", "Up a half turn", etc. Regardless, you determine as to how much a "little" or "a lot" is. And, if you don't feel like increasing a "quarter" or "half" turn or increasing the tension at all, that's ok! *Just do what you can or want to do.*

## A Typical Class

### Set Up the Bike

First, you set up the bike by adjusting the handle bar height, seat height and seat forward/aft position. If you are not sure about the settings, ask the instructor. Once you find the setting that works for you, count the exposed holes in each setting and write them down so you can duplicate the setting the next time. See the **Bike Set Up** section for more. Step into the cleated pedals if you have cleated shoes; otherwise, use the toe clips and tighten toe straps over your shoe (be careful not to shut off circulation).

### Stretching

Next, the instructor will lead the class in stretching exercises to get the shoulders, back, quads, hamstrings and calves ready to go.

### Warm Up

You will then spin with no resistance for about three to four minutes. During this time, the instructor may ask you to position the tension knob to just where the pads start to apply pressure to the flywheel. This is called the **Base or Recovery Position**.

## Main Program

Now, the main part of the program begins. The instructor arranges elements, such as those shown under the **Spinning Elements** section into a 45 to 60 minute program. Since each instructor does it differently, spinning programs vary considerably. However, many instructors design their programs to take the class up to the maximum effort from the half to two-thirds mark, and then gradually bring the class back down to a relaxed effort during the remainder of the program. Rest or recovery periods are used throughout the program.

## Recovery Periods

When the instructor says go to the **Rest or Recovery Position**, turn the tension knob in the (-) direction until you reach the **Base Position**. This is done to help remove the lactic acid from your legs and prepare you for the next routine.

## Cool Down

Programs usually end with a cool down period lasting three to four minutes. The class will again do stretching exercises to help the body recover.

Assuredly, because the spinning elements will constantly move you around on the bike, you will not be bored.

## Important Items to Note

- **Always bring a water bottle**
- **Drink, Drink, Drink because you will sweat profusely**
- Set bike up properly, see **Bike Set Up** section. Ask the instructor for help
- ***Get into the Music***
- Pedal in circles, see the **Pedaling Efficiency** section.
- Keep knees moving in a straight line and as close to the together as possible but not if it hurts your knees. Visualize the top tube of your bike and space your knees just slightly wider than it.
- Keep your back straight – try using a pelvic tilt to increase leg speed.
- Go to the **Recovery Position** whenever necessary regardless of the program
- **NEVER turn the tension knob to a setting where you can barely push the pedals down – Error on the side of too little resistance, especially during the first half of the program**

## Handle Bar Positions

The instructor may refer to these positions during the program as first, second and third positions.

**First** – hands in the closest position on the bars



**Second** – hands on the middle bars



**Third** – hands in the farthest position on the bars



## Bike Setup

There are three adjustments: seat height, seat distance from handle bars and height of handle bars.

### Seat Height

With foot flat on pedal, adjust seat so there is a slight bend in your leg as shown here.

Another method (not shown) is to place your heel on the pedal and raise seat until you leg is straight; however, when you pedal, your buttocks should not rock from side to side (means your seat is too high).

If you are in between the seat adjustment holes, error on the high side, that is, use the next higher hole.



### Seat Distance from Handle Bars

Place pedal at 3 o'clock and adjust seat fore and aft position so the front of your knee cap is slightly ahead of the middle of the pedal.



## Height of Handle Bars

Adjust so the handle bars are level to slightly below the seat height.





## How to Remember the Settings






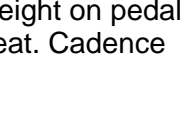
Count then write down the number of holes showing in the stem post, seat height post and fore and aft seat bar.


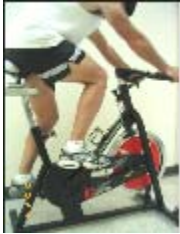


## Spinning Elements

The table below depicts information about the various elements a class may perform during a spinning program. The instructor may tell you before and/or during the program what elements will be performed and in what order so you can pace yourself.

Spinning Element Descriptions			
Name	Hand Position	Buttocks Position	Purpose/Comments
Warm Up	First	On seat	Getting legs ready to go. Spin easy with very little or no resistance. Cadence between 90 and 110 rpms. 
Steady Climb	Second	On seat	Increase powder. Cadence between 70 and 80 rpms. 

<b>Spinning Element Descriptions</b>			
<b>Name</b>	<b>Hand Position</b>	<b>Buttocks Position</b>	<b>Purpose/Comments</b>
<b>Sprint</b>	First or Second	On seat	Increase speed. Go as fast you can without bouncing on the seat. Cadence over 120 rpms. 
<b>Steady Cadence</b>	First or Second	On seat	Increase power. Tension will be increased at a constant rate while maintaining the a constant cadence between 80 to 90 rpms. 
<b>Standing Climb</b>	Second	Off seat	Increase power and hill climbing ability. 80% of weight on pedals and 20% on arms. Maintain elbows at around 120 degrees angle. Cadence between 65 and 80 rpms. 
<b>Standing Tall</b>	First	Off seat	Increase power and hill climbing ability. 100% of weight on pedals. Cadence between 65 and 80 rpms. 
<b>Hover</b>	Third	Off seat	Improve quad strength. 67% of weight on pedals and 33% on arms. Hover buttocks about an inch or two directly above seat. Cadence between 65 and 80 rpms. 
<b>Squat</b>	Second	Off seat	Improve quad strength. 100% of weight on pedals. Hold buttocks in front and below seat. Cadence between 60 and 70 rpms. 

Spinning Element Descriptions			
Name	Hand Position	Buttocks Position	Purpose/Comments
<b>Left Leg</b>	First or Second	On seat	Increase leg strength and show how hamstrings help with the pedal stroke. Pedal using only left leg while placing right leg below bottle cage. 
<b>Right Leg</b>	Second	On seat	Same as Left Leg.
<b>Jump Start</b>	Third	Off seat	Increase ability to bridge a gap or to create a gap at the start of a sprint. Stop right pedal in 10 o'clock position, turn tension knob up 1 ½ to 2 full turns, place hands in 3 <sup>rd</sup> position, at GO, come off the seat and sprint as hard as you can for 10 sec.   During next 10 sec, place left pedal in 10 o'clock position, at GO, come off the seat and sprint as hard as you can for 10 sec.

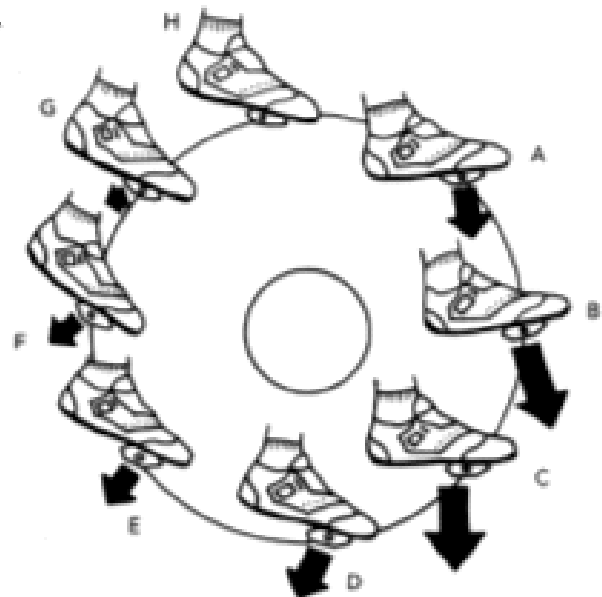
## Pedaling Efficiency

Pedaling efficiency is very important because it is valuable in all forms of cycling such as criteriums, time trials, triathlons, touring or just recreational cycling. You will go further in whatever time you have to ride if you use a smooth pedal stroke at the right cadence. The information below will help you ride more efficiently.

### Pedaling in Circles

When most of us started riding a bicycle, the pedals had no toe straps or clip less systems. Consequently, we constantly pushed down on the pedals. Just pushing down is the natural motion; but not the most efficient.

Just pushing down, does not take advantage of the hamstring muscles of the leg opposite of the down stroke leg. In fact, that leg just becomes dead weight, consuming valuable energy as the down stroke leg has to lift it. Additionally, only pushing down tends to cause bouncing on the seat.



Pedal Cycle

Pedaling in circles utilizes both legs during the pedal stroke and eliminates the deadweight of the upstroke leg. You do this by acting as if you are trying to “scrape mud off the bottom of your shoe” as the foot reaches about the 6 o’clock position as shown in this figure of the Pedal Cycle starting at position D and continuing through E, where the heel rises slightly from F through G. At H, the “push over the top” phase begins where the foot feels like it is moving to the front of the shoe. At A, the powerful down stroke phase begins and continues through C.

### **Important!**

This pedal cycle engages the hamstrings and hip flexors to "de-weight" the up stroke pedal (E through G) so the down stroke leg (A through C) is **not** lifting the weight of the up stroke leg. Just lift enough to take the weight off - **do not pull up hard** with the hip flexor in an effort to apply more power to the pedals. Doing so recruits a muscle not designed to produce much power. Often, the leg pulling up loses power as it tires during the upstroke and learns how to rest on the down stroke. Consequently, by training the upstroke leg you de-train the down stroke leg or the power phase – not what you want to do.

Drills that will improve de-weighting the upstroke leg are one-leg drills and high cadence drills. Close your eyes and focus on the stroke during these drills. The more efficient you pedal, the more the pedals will feel like they are featherweights and rotating on their own.

***Happy Spinning!!!***