



**SPINNING®**

**GUIDE TO RIDE**

# WELCOME TO THE SPINNING® PROGRAM

**As the creators and global leaders of indoor cycling equipment and education, we know what it takes to help you get the most out of your 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 indoor cycling 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 is derived from real road cycling and combines four basic hand positions and five core movements that are simple 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 strives to bring health and fitness to every lifestyle.



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



**Enjoy your ride!**

# GET READY TO RIDE

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



## Saddle Height

To get a good idea of your proper saddle height, stand directly next to the saddle, lift the inside leg to 90° and line up the back of the saddle with the top of the thigh. When you sit on the bike, there should be a 25-35° bend in the knee at the bottom of the pedal stroke.



## Saddle Fore/Aft Position

Sit on the bike as if you were riding with your hands on the handlebars, and hold the pedals in a position where they are level. Your kneecap of the forward leg should be directly above the pedal spindle. Make sure the ball of your foot is over that pedal spindle as well.



## Handlebar Height and Fore/Aft Position

Position the handlebar at approximately the same height as your saddle, or higher if you feel any discomfort in your back. Some Spinner® bikes have a handlebar fore/aft adjustment. This enables the rider to adjust the reach for comfort and proper upper body extension. A slight bend in the elbow and relaxed shoulders (as pictured above) indicates a proper fit.



## Resistance Control

Pedaling resistance is controlled by the resistance knob located behind the handlebar. Resistance adjustments can be made while riding to vary the intensity of your workout. To increase resistance, turn the resistance knob to the right (+); to decrease resistance, turn the knob to the left (-). To stop the flywheel, 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 only pushing down on the pedals, you should apply some force throughout the rest of the pedal stroke, using a full range of motion. This “full circle” technique generates more power and improves efficiency.

# SPINNING® SAFETY GUIDELINES

The Spinning® program is simple, fun and easy to learn. To make your experience more enjoyable, please observe the following guidelines:

## Prior to Starting a Ride

- Please consult a physician before beginning this or any other exercise program. If you begin to feel faint or dizzy during class, slowly stop pedaling, press on the resistance knob to stop the flywheel, and carefully dismount from the bike. Inform the instructor of your condition immediately.
- Please inform the instructor if you are new or need special assistance.
- Familiarize yourself with the bike and its operation. Since you are on a fixed gear bike, you will need to reduce your speed to stop the pedals or use the resistance knob for an emergency brake. Keep your legs clear of moving pedals.
- Make sure the handlebars, saddle adjustments and pop-pins are securely fastened.
- Position your shoe with the ball of your foot directly over the pedal spindle. Athletic shoes will work just fine; however, we recommend cycling shoes to improve comfort, efficiency and power.

## During a Workout/Ride

- Familiarize yourself with the five core movements at an easy pace, such as a walking pace, before you attempt to increase your intensity or progress to advanced movements. You should always have resistance on the bike.
- Stay hydrated and drink fluids throughout the ride. Don't wait until you feel thirsty! As a general rule, aim for a total of at least 40 ounces before, during and after each Spinning class.
- If your Spinner bike has mechanical or maintenance issues, inform the instructor or select another bike.

For more tips, visit  
[www.spinning.com](http://www.spinning.com)



# HAND POSITIONS



## Hand Position 1

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

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## Hand Position 2

Hand Position 2 creates more stability and opens up the chest for optimal air exchange with a wider arm positioning. The majority of riding time is spent here.

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## Hand Position 2.5

Hand Position 2.5 is another option for any movement for which a rider would use Hand Position 2. Riders who can comfortably grip the outer edge of the bars without overextending the arms, hips and/or back may use Hand Position 2.5.

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## Hand Position 3

Hand Position 3 is used only when standing with heavy resistance, and the intensity is hard to very hard. It is used for Standing Climbs and during the standing portions of Jumps on a Hill, Sprints on a Flat and Sprints on a Hill.

# 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, 2 OR 2.5)



## 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 OR 2.5)



## 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 OR 2.5)



## Seated Climb

The Seated Climb challenges the lower body, targeting all the major muscles in the legs for strength, muscular endurance and definition.

(HAND POSITION 2 OR 2.5)



## Standing Climb

The Standing Climb is an out-of-the-saddle hill climb that strengthens and defines the leg muscles, particularly the quadriceps and glutes. It also engages the upper body and core.

(HAND POSITION 3)

# ADVANCED MOVEMENTS



## Running on a Hill

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 OR 2.5)



## Jumps on a Hill

Jumps on a Hill are vigorous and involve moving from a Seated Climb to a Standing Climb at regular intervals. They are used in hill and interval profiles.

(HAND POSITIONS 2, 2.5 AND 3)



## Sprints on a Flat

Sprints on a Flat start with moderate to heavy resistance, explode out of the saddle into Hand Position 3. Once you “break” the gear, sit back in the saddle (in Hand Position 2 or 2.5) and maintain the cadence for 5–30 seconds.

(HAND POSITIONS 2, 2.5 AND 3)



## Sprints on a Hill

Sprints on a Hill are similar to Sprints on a Flat, but in a standing position with greater resistance to simulate steeper hill climbing. Explode out of the saddle (in Hand Position 3) and push hard for 5–30 seconds.

(HAND POSITION 2, 2.5 AND 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 an opportunity to heal, repair and rest. It is the only way to prevent overtraining, burnout and fitness plateaus.

### Endurance Energy Zone®

65-75% 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% MHR

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

### Interval Energy Zone®

65% MHR-MAXIMAL EFFORT

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% MHR-MAXIMAL EFFORT

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).**



## SPINNING ENERGY ZONE® HEART RATE CHART

AGE <sup>A</sup>	RECOVERY 50–65% MHR	ENDURANCE 65–75% <sup>B</sup> MHR	STRENGTH 75–85% MHR	INTERVAL 65% MHR- Max Effort <sup>C</sup>	RACE DAY 80% MHR- Max Effort <sup>C</sup>
20-23	97-126	126-146	146-165	126-178	155-178
24-27	96-124	124-143	143-163	124-176	153-176
28-31	94-122	122-141	141-160	122-173	151-173
32-35	93-121	121-139	139-158	121-171	148-171
36-39	91-119	119-137	137-155	119-168	146-168
40-43	91-117	117-135	135-153	117-166	144-166
44-47	89-115	115-133	133-151	115-163	142-163
48-51	87-113	113-131	131-148	113-160	140-160
52-55	86-112	112-129	129-146	112-158	137-158
56-59	84-110	110-127	127-143	110-155	135-155
60-63	83-108	108-125	125-141	108-153	133-153
64-67	82-106	106-122	122-139	106-150	131-150
68-70	80-104	104-120	120-136	104-148	128-148
71-73	79-103	103-119	119-135	103-146	127-146
74-77	78-102	102-117	117-133	102-144	125-144
78-81	77-100	100-115	115-130	100-141	123-141

1. Consult with your doctor before beginning this or any other exercise program.

2. Advanced-level riders may be able to train up to 80% and maintain aerobic conditions.

3. Top heart rate value is calculated based on 92% MHR as a guideline, but Maximal Effort can be determined via threshold testing or rating of perceived exertion.

# GEAR UP FOR YOUR RIDE

The right gear makes a great ride even better.



Our assorted line of **cycling shoes** improves pedal stroke efficiency, comfort and breathability.



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



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



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



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



Our results-driven **8-Week Programs** will keep you inspired with healthy habits, training tips and calorie-burning Spinning® rides.

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





GET EVERYTHING YOU NEED FOR THE RIDE  
AT [SPINNING.COM](https://www.spinning.com) AND TAKE \$10 OFF!

Enter coupon code **READYTORIDE** at checkout for instant savings.



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