

# Getting Started



Maybe it's because you'll torch an average of 500 calories per 40-minute ride. Or maybe it's because regardless of your fitness level, you'll get a heart pounding yet low-impact workout—while maintaining the ability to go at your own pace. Whatever the reason, millions worldwide have found a lot to love about the Spinning® program.

The Spinning program is the original and most popular group cycling class. And it's not just because Spinning is an unmatched way to make your fitness goals a reality. With no complicated moves to learn, a motivating group environment, top-notch instructors and music that begs your legs to pedal, you'll find yourself having a blast while you ride your way to a leaner, stronger body.



## Getting Ready to Ride

- Arrive 20 minutes early for your first class.
- If you're new to the Spinning® program please let your instructor know. He or she can help you adjust your Spinner bike and familiarize you with its features.
- Adjust the seat height so that your knees are slightly bent at the bottom of the pedal stroke.
- Adjust fore/aft seat position so that your arms are a comfortable distance from the handlebars and your elbows are slightly bent.
- If you're a beginner, start with the handlebars in a relatively high position. As your flexibility increases and you become more comfortable on the bike you can begin to move the handlebars downward until they are approximately level with the saddle. Always make sure that the handlebars, seat post and seat slider are securely attached and that all pop pins are completely engaged.

## Fundamentals

There's a reason you loved to ride your bike as a kid. Experience the same exhilaration you felt back then and get the health and fitness benefits you need now that you're all grown up.

Ready to ride? Comfortable workout clothes, a water bottle and a sense of adventure are all you need to get started. But visit our Spinning Store for a complete selection of apparel and accessories: [www.spinning.com](http://www.spinning.com)

## During Class

- Place the ball of your foot over the center of the pedal. Make sure that your shoelaces are tucked in and your feet are securely attached to the pedals.
- Note that because Spinner bikes have a fixed gear, you must *gradually* reduce the speed of your pedal strokes to stop the pedals from moving. To stop immediately, pull up on the resistance knob while keeping your legs clear of the moving pedals. This acts like an emergency brake.
- Remember there is no competition in the Spinning program. Go at the pace that feels right for you.
- There should always be some resistance on the bike. Familiarize yourself with all movements at a moderate pace before you attempt to increase your speed.
- Stay in control. Focus on your form and on making smooth transitions between movements.
- A heart rate monitor is an unmatched tool for helping you make the most of each workout. Talk to a staff person to learn more about the benefits of training with a heart rate monitor, or to purchase one at a low price.
- If you begin to feel faint or dizzy, slowly stop pedaling, carefully dismount from the bike and inform your instructor immediately.



**I've never taken a Spinning class before. What should I expect?**

Every class is a little different, but one of the great things about the Spinning program is that it is adaptable to your fitness level. Remember that there's no competition. Listen to your body and adjust the resistance on your bike accordingly.

If you're a first timer let your instructor know. He or she can make sure your bike is properly adjusted and give you a rundown on the Spinning program's five core movements and program fundamentals like heart rate training that will help you burn more calories, increase your strength and improve your overall fitness.

**Do I have to be in great shape to participate in a Spinning class?**

Anyone can benefit from the Spinning program. And because you can go at your own pace by controlling the resistance on your Spinner® bike, taking Spinning classes is a great way to get fit.

**What makes Spinning class different from other group exercise classes?**

Top-notch instructors, invigorating music and visualization come together to make Spinning class both fun and effective. If you've ever left a group exercise class feeling frustrated, you'll appreciate that there are no complicated moves to learn with the Spinning program. Regardless of how fit, flexible or coordinated you are, you'll get a great workout. Simply hop on your bike, set the resistance to the level that's right for you, and let your instructor guide you through an incredible ride

**How many calories will I burn in a Spinning class, and what is the approximate equivalent distance in road miles traveled?**

The number of calories you'll burn depends on a number of factors, including your weight and the intensity at which you exercise. Research indicates that on average, participants burn about 400-500 calories in a 40-minute workout. The "distance" traveled depends on cadence; however as an estimate, an average 40-minute class at a cadence of 80-110 rpm is equivalent to approximately 15-20 miles on the road.

**How is taking a Spinning class different than just riding a stationary bike?**

Spinning class makes riding a stationary more bike fun by adding variety and visualization into your workout. A motivating group setting, energizing music and inspiring instructors make Spinning class an incredible experience.

**What type of gear do I need to participate in a Spinning class?**

Comfortable workout attire is all you need to get started. But the right gear can make a great class even better. Padded cycling shorts and moisture-wicking tops will make your ride more comfortable, and a heart rate monitor will help you get the most from every workout. As you gain experience after a few classes, you might also opt for a pair of cycling shoes.

**Will taking Spinning classes make my legs bulk up?**

The "climbs" that are incorporated into a Spinning class simulate the experience of riding up a hill. Climbing is an excellent way to build strength, which means you not only get shapelier legs but also stoke your metabolism since muscle needs more calories to sustain itself than fat does. However, most climbs only last a few minutes, which is not enough time to build big, bulky leg and butt muscles. If you're ever in doubt share your training goals with your instructor and ask them to help you create the ride that's right for you.

