

SPINNING®



→ Training Tips

SPINNING® FOR KIDS

The Spinning program can be a great choice if you're looking for a way to get kids excited about fitness. It's easy to learn, suitable for all body types and fitness levels, and allows a group to exercise safely in one easy-to-monitor location. Spinning classes can also help boost self-esteem and can be linked to the lifetime fitness pursuits of both Spinning and outdoor cycling.



→ Spinning program benefits for kids

Spinning is a safe, healthy and low-impact form of exercise for kids. Here are some of the benefits that kids can enjoy when they participate in the Spinning program:

- » The development of physical fitness
- » Reduced risk of type 2 diabetes and coronary artery disease
- » Improved social skills through group interaction
- » The development of lifelong healthy habits

APPROPRIATE AGE RANGE

The recommended age range for Spinning for Kids participants is 11–14 years old.

BIKE FIT GUIDELINES FOR KIDS

Generally speaking, Spinner bikes are suitable for individuals who are at least 4' 11" (4 feet, 11 inches) tall; however, this is not an exact minimum height, because leg and torso length are also determining factors. The same bike setup procedures that apply to adults also apply to kids, although there are a few special considerations. Kids' bike settings should be checked every few months if they are still growing, and especially if they are experiencing growing pains. Keep in mind that although rare, growing pains may also be an indicator of Osgood-Slaughters knee pain, which is related to the pull of the quadriceps on the patellar tendons that insert into the tibia. If a child or teen experiences any pain or discomfort, a doctor's evaluation is recommended.

CADENCE GUIDELINES FOR KIDS

Cadence ranges for a kids' Spinning program are very similar to those for adults. However, it's prudent to have kids ride at more conservative cadences, and avoid the lowest and highest ends of the spectrum. For hill climbs, focus on moderately steep hills at cadence ranges of 65-80 rather than 60-80 RPM. The reason for this is the same as the reason for juniors' gear restrictions put in place by cycling organizations—to avoid injuries that might occur from pushing against too much resistance when muscles and joints are still developing. For flat roads, cadences of 80-100 are more appropriate for kids than 80-110 RPM. Avoid faster cadences with younger people who may be tempted to pedal wildly without enough resistance on the flywheel. Teach them to respect the safety guidelines and understand that the weighted flywheel picks up speed quickly, and can get out of one's control.

SPINNER® BIKE SAFETY FOR KIDS

- » Be sure to have a signed permission slip on file from a parent or guardian before any participant under the age of 18 gets on a Spinner bike.
- » Get a parent or legal guardian's contact information, a release of liability waiver, and any relevant health information (e.g., if a child has asthma).
- » Request that participants who have asthma or other medical conditions inform you, and that they bring their inhalers or other necessary medications to class.
- » Have a strict, no-nonsense policy against horseplay on or around the Spinner bikes.
- » Be sure that shoe laces are securely tied and a student is not in danger of their lace getting wrapped up on a pedal or crank arm.

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

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