

SPINNING®



→ Training Tips

SPINNING® AND CORE TRAINING

Core training is quickly becoming one of the most popular classes around. If you're wondering what it is and how it works, read on and check out a Spinning and Core Training class today!

WHAT IS CORE TRAINING?

Core training refers to exercises that strengthen and stabilize muscle groups surrounding your spine, shoulder and pelvic girdles. These areas make up your body's core, from which you get power, posture and stability. Therefore, core training can help alleviate unnecessary joint stress and prevent injury. Some core training exercises may look similar to ones you've done in the past, but the main difference is that with

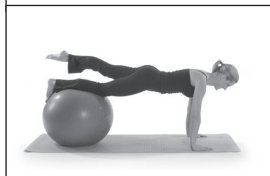
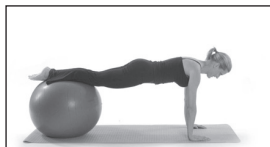


core-training exercises, your balance and stability come from many muscle groups, rather than the floor or a seat. For example, in traditional ab crunches you lie on the floor and isolate your abdominal muscles as much as possible. In core training, you use a stability ball to prop

yourself up and recruit the muscles of your legs and pelvic girdle to keep you stable. The result is enhanced training for the muscle groups that benefit your back, posture and neuromuscular coordination.

CORE TRAINING BENEFITS

There are many benefits of core training, including improved posture and low-back health. Core training can also improve awareness with movement, promote balance, improve neuromuscular coordination and enhance functional movement (movements that you perform in everyday life). If you're a Spinning® enthusiast or athlete of any kind, you'll also be glad to



know that core training results in increased athletic power. After just a few weeks of Spinning and Core Training classes, you'll be amazed at the difference.

WHAT IS SPINNING AND CORE TRAINING?

Spinning and Core Training is a combo class taught by a certified Spinning instructor who has special training in core exercises. The purpose of the class is to combine a Spinning ride with core training exercises that strengthen and stabilize the muscles needed for more efficiency during Spinning class, cycling and everyday life activities.



HOW TO GET STARTED

First, if you're not already in an exercise program, make sure your physician gives you the OK. Check your facility's Spinning program schedule and look for Spinning and Core Training classes. Be sure to find out if mats are provided, or if you should bring your own. For your first two or three classes, make sure the instructor knows that you're new so you can get the attention you need. When you're just starting out, be patient. It takes time to learn how to become aware of and recruit deep muscles, such as the transversus abdominis.

Don't be shy about asking questions and extra assistance. Spinning and Core Training instructors are trained and ready to help.

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