



TRAINING TIPS

SPINNER® BIKE SETUP



Spinner® bikes are engineered to fit all shapes, sizes and abilities. The bikes allow you to tailor your saddle and handlebar positions to create the perfect fit. With the proper bike setup, you reap the full benefits of the Spinning® movements and minimize the risk of injury. If you are new to the Spinning program, be sure to arrive to class at least 15 minutes early to discuss bike safety and setup with your instructor.



FOOT POSITION

- **If toe cages and straps are used**, be sure to align the ball of your foot over the center of the pedal. This is the firmest, widest part of your foot and therefore the most efficient and comfortable foot position.
- **If clipless pedals are used**, make sure that your cleats are aligned properly on your shoes so that the ball of your foot is positioned on the center of the pedal.



SADDLE HEIGHT

Adjusting your bike's saddle height is a simple way to improve the comfort and safety of your ride. It's easy to determine the right height—simply place your feet in the toe cages or clip into the pedals and rotate the pedals until one leg reaches the bottom of the pedal stroke. That leg should have a 25–35 degree bend in the knee.



SADDLE FORE/AFT POSITION

The seat also adjusts forward and backward, so that your knees will be properly aligned relative to your feet. Sit on the saddle in riding position, with your hands on the handlebars and the balls of your feet over the center of the pedals. Then position the pedals so they are level with each other. Use your forward leg for the alignment check. Picture an imaginary line (or have someone hold a plumb line) from the front of your kneecap straight down. Your seat is in the right position when your knee cap is directly above the center of the pedal.



HANDLEBAR HEIGHT & FORE/AFT

Adjust the handlebars to a position that is comfortable and limits unnecessary strain on your neck and back. Fore/aft adjustments on the handlebars is available on some models of the Spinner bike.

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

Spinning training tips are the intellectual property of Mad Dogg Athletics, Inc. They are provided to Spinning instructors and Official Spinning Facilities with permission to photocopy and distribute to Spinning class participants.

©2014 Mad Dogg Athletics, Inc. All rights reserved. Spin®, Spinner®, Spinning®, Spin Fitness® and the Spinning logo  are registered trademarks that are owned by Mad Dogg Athletics, Inc.