

# SPINNING®



## → Training Tips

### WHEN IT COMES TO STRETCHING - DON'T SKIMP

We all know that stretching does a body good. In addition to keeping your body limber, it has a host of benefits that not only help improve your performance in Spinning® class, but also reduce muscle soreness, tension, risk of injury and contribute to overall good health.

Incorporating flexibility training into your training plan doesn't take a lot of time, and the benefits are immeasurable. The safest type of stretch for flexibility training is a slow, sustained stretch. Always stretch slowly, to the point where you feel mild discomfort. To experience maximum benefits, hold each stretch for 30-60 seconds and breathe deeply through your nose. Avoid bouncing, which can lead to injury. Most importantly, always stretch off the bike!



#### 1. HAMSTRINGS

- » Place one foot on the bike between the handlebars and the seat, and find a position where your balance on your supporting leg is stable.
- » Bend your supporting leg slightly.
- » Square your hips so both hip bones "face" forward.
- » As you exhale, bend forward from your hips and bring your torso straight toward your straight leg.
- » Relax and breathe as you stretch. Switch legs after 30-60 seconds.



#### 2. QUADS

- » Hold onto the bike with one hand, using the bike for balance.
- » Grasp the top of your foot or ankle with your free hand and bring your heel close to the buttocks.
- » As you exhale, pull your abdominals in and tuck your hips underneath you.
- » Hold the stretch and breathe. Switch legs after 30-60 seconds.



#### 3. CALVES

- » Standing directly behind the bike, place the sole of one foot against the bottom of the frame, heel down.
- » Stand erect and lean slightly into the bike until you feel a stretch in your calf muscles.
- » Hold the stretch and breathe. Switch legs after 30-60 seconds.

#### 4. HIP FLEXORS

- » Assume a lunge position.
- » Make sure your front knee is directly over the foot and ankle.



- » Hands may be placed comfortably on the front thigh.
- » Abdominals are in and hips tucked under.
- » Hold the stretch and breathe. Switch legs after 30-60 seconds.

#### 5. LOWER BACK

- » Start in an all-fours position with your knees hip-width apart, and hands shoulder-width apart.
- » Align your hands under your shoulders and your knees under your hips.
- » Point your fingers forward, being careful not to lock or hyperextend your elbows.
- » Gently round your back and lengthen your spine and shoulders.
- » Allow your chin to drop slightly.
- » Feel the stretch throughout the curve of your spine.
- » Hold the stretch and breathe for 30 seconds.



#### 6. GLUTES

- » Sit on the floor with both legs together and outstretched in front of you, with your knees extended.
- » Bend one knee and place the foot on the floor alongside the outstretched leg.
- » With the opposite hand, hold the bent knee close to your chest and sit up tall with your spine elongated. A slight spinal twist may help you get into a position where you feel the stretch in your glutes.
- » Hold the stretch and breathe. Switch legs after 30-60 seconds.



→ Limber up! Ask your Spinning Instructor to show you these stretches and more. For more information and helpful tips, please visit [www.spinning.com](http://www.spinning.com).