

SPINNING®



→ Training Tips

STAYING MOTIVATED AS YOU RIDE



Summer is over, the kids are back in school—could it be? You have time to invest in yourself! You're stylin' in your padded shorts as you strut into your Spinning® class with a renewed enthusiasm for exercise. The Spinning program is the perfect Rx for the body and soul.

Fast-forward three months:
“I'm so tired.”

“It's too cold... I don't want to leave my house.”

“After work and the commute...”

“The holidays are here.”

It's not that people don't have time for exercise, they just put other things ahead of it.

Where's the motivation?

It's one of the hardest, yet most important aspects of a longstanding exercise regimen. How do you keep yourself committed to your Spinning classes throughout the year? Every day is different, which means every day presents new obstacles to scheduling a workout. The key? Make exercise—your Spinning class—a priority so that as life happens and all those little things come up, you won't allow your fitness routine to slide to the bottom of your list.

When you feel your motivation waning, refer to these tips:

PLAN YOUR TRAINING SESSIONS IN ADVANCE. Take home a copy of your facility's Spinning schedule, and post it on your refrigerator or in your organizer. Circle the classes that are most convenient to your schedule, and make appointments with yourself throughout the week to be there.

SUPPORT SYSTEM. Tell your family and friends about your commitment to exercise on a regular basis. Express to them that you need their support.

NO CANCELLATION POLICY. Stress to friends, family and yourself how your Spinning classes have the priority level of an appointment...exercise is a must in your schedule.

LISTEN TO YOUR BODY. Our energy cycles fluctuate from day to day depending on the stressors in our midst. Pace yourself and listen to your body. When your energy cycle is low, it's time for a Recovery Energy Zone™ ride. If you get sick and need to take a day or two off training, it's okay. Allow yourself to relax and ease off guiltfree. Just be sure to get back on the wagon when you're ready.

BUDDY SYSTEM—IT'S NOT JUST FOR KIDS. Set dates with your friends to attend classes together. When you set a date with a friend to exercise, you are more likely to keep the commitment.

SET CHALLENGING GOALS. Does your facility have any special rides planned? Sign-up for that two-hour Everest ride three months from now... you'll be less tempted to skip Spinning class. Working toward your goal will motivate you to keep going.

HAVE FUN! Somewhere down the Spinning road, it can happen—you lose focus of the fun. If your workout routine is a dud, it's only a matter of time before you throw your hands up and quit. Embrace the exciting elements of your Spinning classes, develop new friendships with other riders in your classes, suggest music choices to your Spinning instructor and have fun!

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