

# SPINNING®



## → Student Handout

### PILATES FOR THE SPINNING® PROGRAM

If you take regular Spinning classes or are an avid cyclist, Pilates can help balance your training and your musculature. Use these exercises to get started. For the best results, add two or more Pilates sessions to your weekly fitness routine.



#### REVERSE PLANK

Reverse Plank opens the chest and the hips while increasing core stability—making it the perfect exercise for cyclists.

- » Sit with your feet and palms flat on the floor. Place your feet hip-width apart aligning your heels, knees and buttocks. Point your fingers toward your buttocks and open your chest by drawing your shoulders down away from your ears.
- » Exhale as you lift your buttocks from the mat and bring your thighs in line with your hips.
- » Align your ribs and hips and look toward your thighs. Hold for 2-3 deep breaths before returning to the mat.
- » Repeat 3–5 times.

**Variation:** Make this exercise more challenging by keeping the legs straight, with the balls of the feet on the floor and toes pointed upward. This will increase core stability and strengthen the leg muscles.

#### SWIMMING

Spinal extension and powerful core muscles are a must for Spinning students and cyclists, who can spend extended periods of time with their torsos flexed over the bike. This exercise strengthens the back, buttocks and hamstrings while lengthening the hip flexors, quadriceps and chest.

- » Lie face down and press your pubic bone into the mat.
- » Extend your arms in front of your head with your thumbs pointing toward the ceiling. Draw your shoulders down away from your ears.
- » Inhale as you lift your arms, upper body and legs from the mat while keeping your pubic bone against the mat. Hold this position for one complete breath.
- » Lift your left arm and right leg higher and then switch to the right arm and left leg. Continue alternating sides, inhale and exhaling as you do.
- » Aim for 3–5 repetitions on each side.

**Variation:** Beginners can keep their heads on the mat, lifting only the opposite arm and leg.

→ For more information about the Spinning program, visit [www spinning.com](http://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 authorized Spinning facilities with permission to photocopy and distribute to Spinning class participants.

©2010 Mad Dogg Athletics, Inc. All rights reserved. Spin®, Spinning®, Spinner® and the Spinning logo are registered trademarks of Mad Dogg Athletics, Inc.