

SPINNING®



→ Training Tips

HILL CLIMBING IN SPINNING® CLASSES

In Spinning classes, we put resistance on the bike to simulate climbing hills. This type of training develops cardiovascular strength and muscular power by increasing the ability of the muscles to turn the cranks while overcoming resistance.



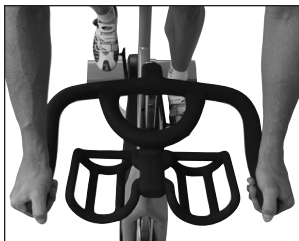
SEATED CLIMB



STANDING CLIMB



HAND POSITION 2



HAND POSITION 3

HILL CLIMBING BENEFITS

- » Increases muscular endurance to perform repetitions over an extended time.
- » Increases muscular strength to generate force.
- » Increases power to apply maximum force in a short amount of time.
- » Increases tendon and ligament strength, increasing the thickness of the connective tissue to power the pedal.
- » Improves lactate threshold.
- » Increases mental focus.
- » Develops power and muscle elasticity.
- » Improves cadence.
- » Develops coordination.
- » Develops maximum speed and strength.
- » Improves lactate tolerance as the body progresses its ability to remove lactate from the blood and teaches the muscles to rely more heavily on fat for fuel as they spare glycogen.
- » Enhances cardiovascular strength as increased resistance will stress the heart just enough to strengthen it and force it to adapt.

HILL CLIMBING TECHNIQUE

- » Maintain a regular breathing pattern.
- » Maintain proper posture. When seated, slide your hips back in the saddle. When standing, balance your weight over the crank arms.
- » Relax the upper body to eliminate muscle tension.
- » Achieve a powerful and efficient stroke by exerting pressure for a full 360 degrees.
- » Maintaining your cadence as the hill builds is most efficient, so try to spin your natural climbing cadence.
- » When seated, keep your hands on top of the bars (*Hand Position 2*) to open up the chest cavity for easy breathing. Allow your hands to stay soft, yet strong, to release tension and provide stability. When climbing out of the saddle, elongate the upper body by reaching your thumbs over the bar ends (*Hand Position 3*). Chin up, shoulders back and chest open.

→ For more tips and information on the Spinning program, visit www.spinning.com or call **800.847.SPIN**.