



TRAINING TIPS

SPINNING® AND YOUR PREGNANCY

Taking Spinning® classes during your pregnancy is safe, as long as you follow certain precautions and your doctor's advice. In the absence of special circumstances, exercise in pregnancy presents minimal risks with proven benefits to both mother and baby. Most women can continue their exercise program with a few modifications. It is also safe to begin a program after you have become pregnant. In either case, it is necessary to check with your obstetrician or midwife prior to exercising while pregnant. The goal of exercise in pregnancy is to stay fit. Or, if just starting out, to make positive lifestyle changes to benefit you and your baby. Pregnancy is not a time to participate in intensive training. Moderation is key.

CURRENT GUIDELINES

According to the American College of Obstetrics and Gynecology, the following guidelines should be observed:

- Regular, moderate-intensity exercise sessions are best.
- Stretching, stationary cycling, swimming and walking are good choices.
- Do not exercise lying on your back after the fourth month (e.g., no supine crunches).
- 10-15 minute periods of warm-up and cool-down stretching are recommended. Stretching during the cool-down should not be done to the point of maximum discomfort.
- Women with sedentary lifestyles prior to pregnancy should begin with short term (20-30 minute sessions and gradually increase.
- Stop exercising if you become fatigued.
- Consult your doctor or midwife if you experience any unusual symptoms.
- Avoid excessive heat and humidity when you exercise.

SPINNING® AS AN EXERCISE CHOICE

The Spinning program was cited in a study by Dr. Herman Falsetti as an excellent form of exercise during pregnancy due to the ease of bike adjustment on Spinner® bikes and the ability of participants to monitor their exertion. Additionally, Dr. Raul Artal recommends limiting workout sessions in pregnancy to 45 minutes or less to avoid drops in blood sugar that may be exacerbated by pregnancy. Lastly, Spinning does not require balance, as do outdoor cycling and group exercise classes like aerobics and step.

SAFETY TIPS FOR SPINNING® CLASS

Here are some tips for a safe prenatal training session:

- **Modify your intensity.** Most experts agree that mild to medium intensity is best. Dr. Falsetti states, "Pregnant women should always wear heart rate monitors and keep their heart rate 20 beats below anaerobic threshold." It is also important to use a rate of perceived exertion chart because if a woman is exercising 20 beats below AT, but feels like she is going to pass out, she should back off immediately. At 20 beats below AT, you may feel like you can do more, and during pre-pregnancy, it would have been fine to go for it, but in the interest of thermoregulation and safety, pushing it is a poor choice in pregnancy.
- **Hydrate generously.** A good rule of thumb is to drink enough water throughout the day to keep your urine clear to pale yellow. Drink frequently during class as well to help cool your body.
- **Stay cool.** With indoor exercise, ventilation and light clothing are essential to aid in heat dissipation.
- **Adjust bike setup.** As your body continues to change, you may need to raise the handle bars and make additional adjustments to the saddle in order to remain comfortable.
- **Avoid out-of-the-saddle movements.** The growth of the abdomen will create changes in the center of gravity, drawing it forward, which may lead to undue stress on the knees because of the increase in weight and joint laxity associated with pregnancy.
- **Take frequent postural breaks.** Lower back discomfort is common in pregnancy. Sit up tall in the saddle with arms down by your sides to give your back relief throughout class.

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 authorized 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.