



TRAINING TIPS

THE FIVE CORE SPINNING® MOVEMENTS AND HAND POSITIONS

Focusing on form for these five core Spinning® movements prepares you for more advanced rides and teaches you the proper techniques for relaxation, visualization, cadence and cycling-specific breathing. Learning how to transition from one movement to another is key for improving fitness and important before you increase the intensity of your workouts.

Seated Flat	Cadence: 80-110 RPM	Hand Position: 1, 2 or 2.5	The Seated Flat develops pedal stroke technique and builds strength, stamina and a strong fitness base. A Seated Flat is used for everything from recovery rides to intervals.
Standing Flat/Running	Cadence: 80-110 RPM	Hand Position: 2 or 2.5	A Standing Flat is great for training core stability and cardiorespiratory fitness. Ride safely: Place enough resistance on the flywheel to support you in standing and keep your weight centered over the pedals.
Jumps	Cadence: 80-110 RPM	Hand Position: 2 or 2.5	Jumps train your body awareness, balance and controlled breathing. Jumps are performed by smoothly transitioning from seated to standing, then back down to the saddle. Ride safely: You should be comfortable with both the Seated and Standing Flat before attempting Jumps.
Seated Climb	Cadence: 60-80 RPM	Hand Position: 2 or 2.5	With Seated Climbs, you are building strength as well as muscular and cardiovascular endurance. During class, your Spinning instructor cues riders to gradually increase resistance to create the feeling of going up a hill.
Standing Climb	Cadence: 60-80 RPM	Hand Position: 3	Standing Climbs allow you to work more effectively with heavy resistance to improve strength in the leg muscles, tendons and ligaments. Standing Climbs are the most powerful position for climbing.

Hand Positions

Remember while you ride to keep your elbows slightly bent, shoulders relaxed and eyes forward.



Hand Position 1



Hand Position 2



Hand Position 2.5



Hand Position 3

For more information about the Spinning® program, visit www.spinning.com or call 800.847.SPIN (7746).

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