

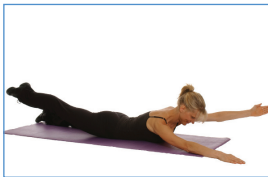
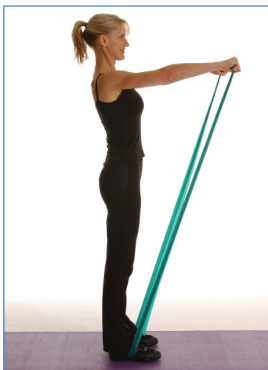
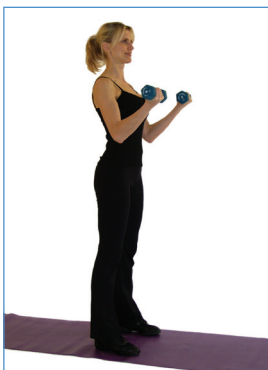
SPINNING®



→ Training Tips

SPIN® FLEX

The Spinning® classes you love are great for cardio training and lower body muscular fitness, but what about your upper body? SPIN Flex is the answer for Spinning enthusiasts who love to ride but also need a total body workout in a short amount of time.



TAKE PART IN SPIN FLEX CLASSES AND REAP MANY BENEFITS:

- » Improved muscular balance between the lower and upper body.
- » Increased muscular endurance in the upper body.
- » Improved posture.
- » Enhanced relaxation in the saddle.
- » Abdominal and back strength that comprises core strength.
- » More muscle mass to burn fat.
- » Increased bone density.

GUIDELINES TO FOLLOW IN YOUR SPIN FLEX CLASS:

- » Choose a weight or resistance level that will allow you to complete 8–12 repetitions without resting or losing form.
- » Don't hold your breath! Inhale before you begin the movement and exhale as you contract the muscle.
- » Learn proper technique from your instructor. Ask questions if you're not sure.
- » Avoid using momentum. If you feel you have to, you need to lighten your resistance.
- » Always remember to stretch muscles after training.

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