

## On Our 10th Anniversary— Staying True to Tradition

For the past ten years, the Spinning® program has maintained its role as the global leader in indoor cycling, education, equipment and products. Since 1994, we've built one of the most respected brands in fitness, a reputation founded on a distinct core philosophy and fundamentals that are the reasons we do what we do. With that, we've put together 10 tips to keep your program fresh!

### Spinning Program Fundamentals

There are three hand positions and five core movements in the Spinning program: the Seated Flat, Standing Flat, Seated Climb, Standing Climb and Jumps. Each movement mirrors techniques used in road cycling and is based on safety, biomechanical efficiency, kinesiology and anatomy.

### Safety

Safety is at the core of the Spinning program. To determine whether a movement should be used in Spinning class ask yourself:

- Is the movement safe and efficient?
- Does the movement have a physiological function, or is it just used as choreography?
- Can the movement be performed on a road bike? If not, don't do it.
- Do the risks outweigh the benefits?

### Mental Training & Visualization

One of the fundamental components of the Spinning program is the use of mind/body techniques to enhance performance, including visualization. Visualization uses mental images, as well as breathing, music and specific points of focus to help students become more aware of how their mind influences physical performance. Through this enhanced awareness, students are able to perform more efficiently and reach their goals sooner.

### Breathing

Deep, diaphragmatic breathing is a powerful way to help students achieve a deeper mind/body connection. Breathing deeply, in through the nose and out through the mouth, requires deep, abdominal breaths. Chest breathing on the other hand, is less efficient and requires a higher heart rate than deep breathing. Remember, the body follows the mind. If the mind is in control, it will not allow the breathing to become inconsistent and irregular.

### Coaching

As a Spinning Instructor, motivating your students begins with an understanding of how you can use the mind/body connection to encourage your students to achieve their goals. One of the most powerful ways to do this is by teaching off the bike, using the "Spinning Eye" to assess intensity, correct form and read your students' exertion. Using positive suggestions, points of focus, music and breathing, you create a powerful connection with your students and eliminate the need to perform.



## **Cadence**

Cadence, or pedal speed, is measured in pedal stroke revolutions per minute (RPM). Guiding students to pedal at appropriate cadences will ensure that they experience a workout that's safe and effective. One way to do this is with a cadence check, tailored to your class profile. Remember, resistance and cadence can and should be modified to address your students' individual training goals.

## **Heart Rate Training & Energy Zones™**

Heart rate training is widely recognized as the most effective method to burn calories, build strength and improve overall fitness—it's also the cornerstone of the Spinning® program. Drawing on extensive cycling experience and understanding of heart rate zones, Johnny G created the Energy Zone™ system, which divides the heart rate training range into five zones, from 50% of max to maximum effort. Each zone corresponds to a particular class and delivers specific training benefits. The five zones are Recovery Energy Zone™ (50%-65% of Maximum Heart Rate (MHR)), Endurance Energy Zone™ (65%-75% of MHR), Strength Energy Zone™ (75%-85% of MHR), Interval Energy Zone™ (65%-92% of MHR) and Race Day Energy Zone™ (80%-92% of MHR).

Heart rate monitors and rating of perceived exertion (RPE) are two methods we recommend you use to determine safe and effective heart rate parameters for your students. Heart rate monitors allow students to gauge their effort and monitor their performance within safe ranges, avoid overexertion and maximize the benefits of their training time and effort. You can individualize heart rate parameters by determining a student's resting heart rate, anaerobic threshold (AT), and recovery heart rate.

## **The 40-minute ride**

The Spinning program is a comprehensive training program comprised of training sessions, designed to fit into a periodization schedule. Each session has a specific purpose and is carefully designed and timed to energize, challenge and empower students to achieve their health and fitness goals in 40 minutes.

From a facility's standpoint, the 40-minute format has typically proved to be the most manageable and workable class time. For students, keeping classes to 40 minutes helps prevent overtraining, fatigue and keeps your students motivated and coming back. For newcomers, the 40-minute format is challenging yet possible to achieve.

## **Aerobic Base Building**

Developing a strong aerobic base will enable your body to better adapt and benefit from stressful periods of anaerobic training that are conducted over the course of the year. We recommend that participants of all fitness levels dedicate at least a 2-month period at the beginning of every training season to working out solely at aerobic heart rates—80% of your Max Heart Rate or less. At aerobic levels, the body prefers fat for fuel, VO2 max climbs, the immune system improves and the body is energized.

Stay true to these fundamentals and set your program apart from the rest.

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For more information,  
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