

Spinning Work Sheet

Safety:

- ◆ Always be in control
 - Stay Balanced
- ◆ Make sure the bike is adjusted to fit YOU
- ◆ Double Check the Toe Clips
- ◆ Do Not go too Fast
 - Increase resistance if it is too easy
- ◆ Tighten all adjustments points
- ◆ Stop Quickly By Pushing Down on the Resistance Knob
- ◆ Remember the Pedals always turn when the Wheel is spinning

Record your numbers:

Seat Height

Seat Fore/Back

Handlebar Height

Handlebar Fore/Back

Bike Set up:

- 1- Seat Height
 - a. Top of seat to belly button
 - b. Adjust so leg is slightly bent in DOWN position
- 2- Fore – Aft Position
 - a. Pedals Level
 - b. Adjust seat so knee cap is in line with axis of pedal
- 3- Handlebar Height
 - Adjust for comfort, not too high
 - Be aware of limit line
- 4- Handlebar Fore-Aft
 - Slight reach not too far extended
- 5- Toe Clips
 - Loosen so toes go all the way to the end
 - Pull tab to tighten keep tight

NOTES:

Resistance Adjustment:

Do not use the Spin Bike with zero resistance!

Turn the adjustment knob to the right (+) to increase the tension

Turn the adjustment knob to the left (-) to decrease tension

Resistance can be fine tuned by slowly turning the knob one of two CLICKS at a time.

The amount of resistance needed is based on the activity and the individual rider.

Riding Positions:

- Seated Flat
- Standing Flat
- Seated Climb
- Standing Climb
- Jumps

Hand Positions:

- 1
- 2
- 3

Improving Technique:

Spin focus on push and pull