

# WELCOME TO SPINNING

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DOW BAY AREA FAMILY YMCA

## WHAT WE WOULD LOVE YOU TO KNOW

Your first class: First—if you are able to stay for 5 minutes after class so we can debrief after your first ride—that would be wonderful. We've found that 5-10 minutes solo with you to cover bike setup, operation, safety and logistics greatly increases your new rider experience.

There are lots of pitfalls we can cover in a 10 minute 1:1 session that we just cannot cover if we are doing it just before class. We can either do it right after class—or leave a message with the desk and we can set up a time of your choosing.

If you have any joint or health issues (heart, diabetes, pregnancy, joint surgery, etc.) – please advise the instructor today– we may suggest further limitations or adjustments. Also, if you have a medical issue/ incident during class—we will have an idea of how to resolve.

## SET UP

HOW TO MAKE THE BIKE FIT FOR YOU

There are 2 seat adjustments we will assist you in getting set—a seat height and a fore-aft setting. Proper settings are crucial to ensuring that joints are properly protected (hip, ankle, knee, back). You can take note of your settings – and we can write them in our log of settings.

It doesn't hurt to have another instructor double check your settings when you come to another class—just ask the instructor to double check. Similarly, if you're going to make an adjustment to your settings, it is advisable to consult with an instructor to ensure the adjustment still promotes proper bike fit.

Generally, the handlebars are about the same height as the seat (although higher allows less strain on the back if you have back issues as well as the ability to breathe a bit easier than if the handlebars are lower).

## HEART RATE GUIDANCE

The "Heart" symbol on your monitor will allow you to sync to the monitor if you have an ANT+ device. You can press the button to seek your device and once it finds it, it will display in the middle section of the monitor. If you inadvertently hit the heart button—you can clear it quickly by pressing it again. A general formula for finding your maximum heart rate is  $220 - \text{age} = \text{your max BPM}$  (so a 50 year old will be  $220 - 50 = 170$  as their max heart rate).

From there, you can work at a percentage of your maximum heart rate. You can refer to the heart rate posted ranges around the room of percentages of heart rate zones. There is a lot of reading on the internet about getting a more accurate max HR and the benefits of training by using your HR as a metric.

RPM'S – GENERAL GUIDANCE

TOP LINE ON YOUR MONITOR

60-80 RPM RANGE IS FOR CLIMBING

80-110 RANGE IS FOR FLATS

NEVER GO BELOW 60 RPM'S WITH RESISTANCE ON THE FLYWHEEL



# BIKE FUNCTION

## HOW THE BIKE WORKS

**PEDALS** – Toe cages are designed for a men's size 10. Men's size 10 goes all the way to the front of the toe cage- otherwise, you want the BALL of your foot to be on the CENTER of the pedal and tighten the straps from there.

**PEDALING** – during class-pedaling is a constant forward motion—we never stop pedaling. You might take resistance off to make it easier, but, the pedals are always in motion. NEVER stop pedaling while you have resistance on the flywheel-take resistance off and be at a flat before slowing your pedal stroke.

**RESISTANCE KNOB** – White knob below the handlebars. Turn to the right to add resistance, left releases. Press straight down on this knob and it is your brake.

**MONITOR DISPLAY** – Any button activates it. Top line is current RPM (Rotations Per Minute), middle line is Heart Rate (see box to right on 1st page), bottom line rotates (by pushing M for mode) between Time, Calories Burned and Distance (Play/Pause button will start tracking). The lower left button is the backlight for the monitor.

**HAND PLACEMENT** – There are 3 points of hand placement. Hands at 1 (currently not accessible as the monitor mount is blocking), or Hand Position 2 are for seated positions. 2 is hands directly on the horizontal part of the handlebars. Hand position 3 is for a standing position – hands are all the way to the top of the vertical part of the handlebars. More recently, hand position 2.5 has also been deemed safe in seater or standing. This position is midway on the vertical part of the handlebar. Hand position 3 should not be used in a seated position and hand positions 1 and 2 would only be used in limited standing movements (running on a hill, jumps, sprints).

**SEAT** – The biggest complaint of those new to SPINNING is that the seat is not comfortable. It takes a few weeks of coming consistently to adjust to the discomfort of the seat-but it will happen. In the meantime, we usually have gel seats available if you want to give that a try (ask the instructor), or you can purchase your own if you think you might prefer that.

**WHAT TO DO** – Your instructor will describe a terrain or an intensity on a scale of 1-10 that you'll use your resistance knob to mimic. One of the ideal aspects of Spinning is that if you are not yet able to sustain a strong, steep, extended climb – you have several options to adjust. You can make it easier (not making it as strong/steep), you can do less of it, or you can do none at all and remain on a flat surface. Your entire ride is controlled by your resistance knob

**YOUR LIMITS** – For your first class, we'd like for you to use it more of a time to get accustomed to the bike setup, function and class flow. Ideally you will do most of class on a flat surface and test out the hills periodically to see how it feels and what it takes. We do NOT want you to try to keep up with the class. It is not a competition and many in class have been working weeks and month even years to build the needed strength and endurance to sustain some of the stronger climbs. For a climb, if the instructor is doing a 2 minute hill, you might come up for 15-30 seconds and then go back down to a flat to recover and then join in the climb again for another few seconds and repeat. A 2 minute hill may not sound like a substantial effort-but, if you are not conditioned to tackle it – it assures you will spend the next day meeting muscles you never knew you had and didn't want to meet. This is not our goal for you. We would like gradual growth and minimal muscle soreness (extra stretching later in the evening and the next morning before you get out of bed can help minimize muscle soreness). For your first class—ideally you will do 25% or less of what the class does and grow 5-10% each week

### TIPS :

1. You will find that the resistance knob on every bike will vary. Use of the resistance knob (and corresponding chain system) over time creates this. Therefore, what might be a substantial turn of the resistance knob on one bike might get the same response as a micro turn on another bike.
2. You need more resistance than you think to sustain proper position in a standing position. Your pedals should turn smoothly, not like a hamster in a hamster wheel.
3. Hands are easy on the handlebars, not a death grip or used to help hold you up.
4. Avoid bouncing in the seated position or in standing position (it is improper form). There should be minimal motion waist up. Centering out over the frame can help reduce bounce or hips swaying right or left. Proper form forces you to use muscle.
5. Any pain-talk to the instructor.

