

SPINNING®



→ Training Tips

HAND POSITIONS AND CORE MOVEMENTS



« SEATED FLAT

Hand Position 1 or 2: 80–110 RPM

The most basic movement in the Spinning® program, the Seated Flat helps build strength, stamina and a strong fitness base.



« SEATED CLIMB

Hand Position 2: 60–80 RPM

The Seated Climb challenges your lower body, targeting the gluteals and hamstrings for strength, toning and definition.



« STANDING FLAT

Hand Position 2: 80–110 RPM

The Standing Flat is an upright, standing run performed with light to moderate resistance. Running uses core muscle groups to stabilize the body, improve leg speed and increase endurance.



« STANDING CLIMB

Hand Position 3: 60–80 RPM

The Standing Climb is an out-of-the-saddle hill climb used to strengthen and define leg muscles, particularly the quadriceps.



« JUMPS

Hand Position 2: 80–110 RPM

Jumps are performed by transitioning in and out of the saddle in a smooth, controlled movement. Jumps develop overall strength, timing and balance by utilizing the muscles used to shift from the seated to standing position and back.

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

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