

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 eg 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 shifting muscles utilization from a seated to a standing position.



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