

## SPINNER® BIKE SETUP



The Spinner bikes are designed and engineered to fit all shapes, sizes and abilities. Our bikes allow you to tailor your seat and handlebar height to create the perfect fit, and this is important. With the proper bike setup, you reap the full benefits of the Spinning® movements and minimize the risk of injury. If you are new to the Spinning program, be sure to arrive to class at least 15 minutes early to discuss bike safety and setup with your instructor.

### Seat Height

Adjusting your bike's seat height is a simple way to improve the comfort and safety of your ride. It's easy to determine the right height—simply place your feet in the toe cages or clip into the pedals and rotate the pedals until one leg reaches the bottom of the pedal stroke. Make sure there is a slight bend in the lower knee.



### Fore/Aft Position

The seat also adjusts forward and backward, which helps keep your upper body and knees in the correct position. To start, make sure you can reach the handlebars comfortably, maintaining a slight bend in the elbows. Then move both pedals until they're level with each other. Your seat is in the right position when your knee cap is directly above the center of your pedal.

### Handlebar Height

Adjust the handlebars to a position that is comfortable and limits unnecessary strain on your neck and back.

### Foot Position

Place the balls of your feet securely in the toe cages, over the center of the pedals. As you pedal, concentrate on keeping your feet flat, which helps create a powerful pedal stroke.



For more information about Spinning apparel and products, visit [www.spinning.com](http://www.spinning.com) or call 800.847.7746