

# SPINNING®



## → Training Tips

### CADENCE AND RESISTANCE WITH THE SPINNING® COMPUTER

Are you ready to get the most out of your Spinning classes? The Spinning Computer can help you ride within the right parameters to reach your goals, whether you ride to lose weight, tone up or train for a race.



#### SPINNING® CADENCE RANGES:

60-80 RPM on Hills

80-110 RPM on Flats

The Spinning Computer is a powerful tool to help you experience a whole new level of the Spinning program. If you're just turning the pedals as fast as your legs will move, with little resistance, you're not getting the benefits of the workout. Using the right amount of resistance and pedaling at the appropriate speed is the only way to really train your cardiovascular system, strengthen your legs and continue improving to your fitness level.

#### CADENCE BASICS

Cadence is pedaling speed measured in revolutions per minute (RPM). Safe cadence ranges in the Spinning program are 60-80 RPM on hills and 80-110 RPM on flat roads. Hills are simulated by increasing the resistance on the flywheel.

#### 60-80 RPM ON HILLS

When your instructor takes you on a Seated or Standing Climb, you turn up the

resistance knob, which makes pedaling more difficult—much like riding a bike up a hill. With the Spinning Computer you can see if you're really pedaling at the right speed. If you're supposed to be on a hill but your cadence is over 80 RPM, that means you don't have enough resistance on the bike. Turn it up and really feel that hill! It will be tough at first, but in time your strength and power will increase.

#### 80-110 RPM ON FLATS

Even when riding a Seated or Standing Flat, you need some resistance on the flywheel to simulate wind resistance and the forces of the road surface. If you don't have any resistance on the bike, the flywheel can turn on its own with very little pedaling effort. Not only is that a waste of your time, it's unsafe as well. So use the resistance knob to create the right combination of cadence and terrain.

→ For more tips and information on the Spinning program, visit [www.spinning.com](http://www.spinning.com) or call **800.847.SPIN (7746)**.

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