

BENEFITS OF INDOOR CYCLING (SPIN)

World Health Organization advises 150 minutes of moderate exercise a week.

Start with 20-30 minutes, 2-3 days a week; cross-train with walking to help bone density.

You can do it regardless of weather conditions outside.

Spin is a full-body workout, including cardio, strength, and core (and no need to get down on the floor!). Activates and tones butt, legs, back, shoulders, arms.

Benefits:

- Burns fat

- Improves posture

- Reduces stress hormones

- Improves heart rate/blood pressure

- Improves mobility in knees and legs

- Encourages better sleep

STAY INSPIRED

Today is the youngest you're going to be. We're not our parents. This is what aging and retirement look like now!

Prioritize fitness. Taking time for yourself can be hard...but not taking time can be worse. When you prioritize self-care, many things will fall into place.

How many other people do you know who are doing what you're doing today?

ADJUSTING YOUR BIKE

Seat

Use handle to make seat height level with your hip. Tighten handle.

Use handle to move and lock seat forward so you're not straining to reach the end of your handlebars. Tighten handle.

When you sit, your butt should be securely in saddle.

When you complete a revolution, knees should be soft, not locked out.

Handlebars

Use handle to adjust where needed (2" higher than seat is good rule of thumb).

Elbows should be slightly bent when you grip the handlebars.

WHEN YOU RIDE INDOORS

Wear thin-soled shoes, and shorts or fitted pants.

Have water, a towel, and light (2-5 lb.) dumbbells on hand.

Play upbeat music on your phone, computer, or TV.

Keep hands open on handlebars for a natural feel – opening up your chest gets more air to the lungs.

The resistance knob

Turn it right to increase resistance and simulate climbing, works like shifting to a higher gear on a road bike. Resistance helps strengthen your legs.

Keep knees behind the knob as you ride.

On most bikes, it's also a brake! Push it if you want to slow down your pedals.

Listen to your body:

Don't push through pain.

Rest and drink when you need to!

Overcome the notion
we must be regular.
It robs you of the chance
to be extraordinary.

Uta Hagen,
German-American actor and coach