



# MONTHLY NEWSLETTER

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## The Evolution of Spinning:



It was inevitable that an indoor work-out set to music, on a bike with trained instructors would catch on. Its a workout almost anyone can do. If you're a cyclist spinning is an innovative training tool that can improve your outdoor riding. For non-cyclist it provides a cardiovascular workout a method of weight control, and stress relief.

With spinning and similar programs that have popped up there is no impact, no age limit and no competition, yet with all the energy and benefits of riding in a group. At the core of the work-out is a stationary bike originally developed by Johnny G to assist in training in his race across America and now made by Shwinn. There are 4 main features that set this bike apart from others:

- 1) The seat and the handle bars adjust up and down as well as forward and aft. To put the rider in the most efficient pedaling position and maximize comfort.
- 2) A fixed gear lets the rider stand and pedal as on a real bike because the fixed wheel prevents free-wheeling or coasting. The non-stop pedaling motion enhances the value of the work out. The bike's design which incorporates a 38 lbs. fly wheel allows quick smooth life-like pedaling at every cadence. A resistance control knob allows the rider to simulate outdoor conditions such as climbing and descending.
- 3) During spinning workouts you might hear pulsating drums during mountain climbs, strong guitars for descending hills, and ocean waves for recovery. Music becomes the train and instructors use visualization and heart rate monitors to keep the tempo of the work out at an appropriate level to coach riders toward there individual fitness goals.
- 4) The basic workout is 40 min long and most facilities offer a variety of workouts from basic to advance.

As with any workout routine there can be too much of a good thing. Spinning by itself is not a balanced exercise program. Cross training including time in the pool, Pilates, weight training, and core exercises on the physioball are excellent and necessary supplemental exercises. Overuse injuries with spinning are becoming more common, do to one of three reasons: 1) the participant is in the wrong position on the bike, 2) Exercising at to vigorous of a level for their fitness 3) Spinning to often.

Specific components to setting the bike are as follows. Set the seat height so that your knee only slightly bends at the bottom of the pedal stroke. The bars should be equal with your seat for height and the distance is elbows bent distance as you reach forward. Make sure you ask the instructor for assistance in setting the bike before you start. Make sure you let the instructor know if you any specific limitations or injuries prior to starting you work out, they may be able to give you some suggestions regarding you specific physical limitation.

Like any piece of fitness equipment there proper ways to use it and ways to misuse it. We need to make sure as instructors, therapists, trainers, and participants we monitor and update the uses of fitness equipment to maximize there use and prevent the evolution of spinning ending up with all the other extinct pieces of exercise equipment.

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