Spin Bike Workout Guide

Spin bikes provide an intense and effective workout for anyone looking to get in shape from home. Thanks to their robust designs that allow you to stand up and pedal, as well as their ability to give even the fittest of us an efficient workout, they have become a favoured workout tool of many!

If you have recently purchased one of our incredible range of spin bikes, you will be wanting to make the most of the investment you have made in your personal health and wellbeing. The spin bike workouts provided in this guide are perfect to get you started!

Before we get started…

There are a few best practice techniques we will discuss in detail.

- **Seat position is of great importance!**
  The best way to achieve correct seat height is to sit on your bike and place your heel on the pedal. Adjust the seat height until your leg is almost straight with your hips still square (don't drop your hip at all) – there should be a slight bend in your knee.

- **Always warm-up before you exert yourself, as well as cool down properly at the end of your workout.**

  Warming up prior to exercising is always a good idea, as it not only warms your muscles up to prevent strains, but also slowly builds your heart rate up and prepares your cardiovascular system for the work ahead of it!

  Cooling down afterward is equally important. Please ensure you stick to the cool-down guidelines specified for each workout program, or even extend the cool-down period further if required. Correctly cooling down helps bring you down from your period of exertion, which ensures your safety as well as preventing any uncomfortable feelings such as light-headedness from occurring immediately post-workout.

- **Consider stretching after your workout**

  Stretching post-workout can help prevent muscle soreness the next day. So it is a great idea to spend the brief few minutes required, to perform basic stretches for your main muscle groups such as: calves, quadriceps, hamstrings, chest and back.

- **Ensure you drink sufficient water before, during and after exercise to prevent dehydration.**

  Dehydration can not only make you feel unwell, but can limit your exercise capacity too due to decreasing your blood volume, therefore increasing your blood pressure and heart rate responses to a particular intensity. Keeping hydrated will help you to get the best from your workout session and improve your fitness further!

- **If you are over 35 and not currently taking regular exercise, or have a pre-existing medical condition, consult your doctor before beginning an exercise programme.**

  This suggestion is pretty self-explanatory. It's always best to check with a doctor beforehand to make sure that there is no underlying reason why you shouldn't be exerting yourself.

- **Dress appropriately for the temperature and ensure that you don't have any loose clothing or hair that could get caught in moving parts**

- **Before you get on the bike, make sure you know how to work the console, adjust the tension and apply the brakes if necessary.**

Now, time to get started!

The following workout guides will help guide you from an entry level of fitness, to more intermediate and advanced fitness levels.

The workouts use your own fitness level to dictate how much resistance you will apply to the spin bike. RPE stands for "rated perceived exertion" and essentially is a numerical way to rate how difficult the exercise feels while you perform it. Please refer to the scale below to see what the different numbers represent and adjust the tension on your bike appropriately to achieve the specified level of exertion.

RPE	Exercise level
10	Max effort activity
9	Very hard activity
7-8	Vigorous activity
4-6	Moderate activity
2-3	Light activity
1	Very light activity

You will also see speed specified in the workout guides. Many of our spin bikes come with (or have available for purchase) monitors or consoles which can provide read outs on this data, making it easy to determine.

Whether or not you should be standing or seated while pedalling will also be specified in the guides, as doing so can influence workout intensity a great deal.

Workout 1

Beginner - 30 minute fat furnace

This basic beginner's workout will see you performing moderate intensity intervals, while keeping quite close to the fat burning zone. The routine will also provide great benefits to your general health and fitness!

Time	RPE	Speed (km/hr)	Position
0:00 - 3:00 (warm-up)	2	20	Seated
3:00 - 6:00	4	25	Seated
6:00 - 8:00	6	30	Seated
8:00 - 11:00	3	20	Seated
11:00 -14:00	4	25	Seated
14:00 -16:00	6	30	Seated
16:00 -19:00	3	20	Seated
19:00 -21:00	4	25	Seated
21:00 -23:00	6	30	Seated
23:00 -26:00	5	30	Seated
26:00 -30:00 (cool-down)	2	20	Seated

Workout 2

Intermediate - 20 minute hill session

With our variable conditions in New Zealand, getting outside for exercise can sometimes be a mission! However regardless of whether it is rain or shine outside this intermediate routine will allow you to experience the health, fitness and fat burning benefits of riding a bike along mountainous terrain. This routine alternates between seated and standing positions to increase exercise intensity and tone and develop your lower body muscles!

Time	RPE	Speed (km/hr)	Position
(warm-up) 0:00 - 3:00	3	20	Seated
3:00 - 6:00	6	30	Seated
6:00 – 7:00	8	20	Standing
7:00 - 8:00	4	30	Seated
8:00 - 9:00	8	20	Standing
10:00 -11:00	4	30	Seated
11:00 -12:00	8	20	Standing
12:00 -14:00	4	20	Seated
14:00 -16:00	6	30	Seated
16:00 -17:00	8	20	Standing
(cool-down) 17:00 -20:00	3	20	Seated

Workout 3

Advanced - 20 minute mountain climb

This workout is not for the faint of heart and it requires an advanced fitness level. The workout will see you performing high intensity intervals that cycle between vigorous and maximal effort activity; raising your metabolic rate up an incredible amount!

Warning: unless you are of the experience and fitness level appropriate please perform our beginner or intermediate routines instead

Time	RPE	Speed (km/hr)	Position
(warm-up) 0:00 - 3:00	3	20	Seated
3:00 - 5:00	8	30	Seated
5:00 – 5:30	10	30	Standing
5:30 - 6:00	6	30	Seated
6:00 - 6:30	10	30	Standing
6:30 - 7:00	6	30	Seated
7:00 - 7:30	10	30	Standing
7:30 - 8:00	4	30	Seated
8:00 - 11:00	6	30	Seated
11:00 -13:00	8	30	Seated
13:00 -14:00	9	20	Standing
14:00 - 15:00	6	30	Seated
15:00 - 16:00	8	30	Seated
16:00 -17:00	9	20	Standing
(cool-down) 17:00 -20:00	3	20	Seated

If you need any further workout ideas to help you enjoy your exercise bike, please don't hesitate to contact our highly skilled sales team via 0800 222 190 and our staff will be more than happy to assist you.