



Manhattan PT
MRPT PHYSICAL THERAPY

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Winter Fitness Tips

Bringing The Bike Indoors - Spinning Classes

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As the temperature drops, many cyclists move indoors for their training. Spinning classes are an excellent way to keep your cycling legs in peak shape.

How should I get started?

- Typical classes last 45-60 minutes
- Anyone new to spinning should only ride for 20-30 minutes during their first 3 spinning classes
- Don't succumb to peer pressure by trying to keep up with the other bikers in the class. Leave the class early and go stretch your legs and arms.



Are you confused about what speed to choose?

First of all, let's talk about how speed is calculated on a spin bike: Speed is measured in RPM's (revolutions per minute), which is the number of times the pedal completes a circle, or revolutions, in 1 minute.

The next step is to determine your RPM's, or the number of times your foot completes a circle in one minute with this easy math calculation:

1. Count the number of times your right foot makes a revolution in 15 seconds

2. Then multiply that number by 4.

For example: 20 revolutions (in 15 seconds) x 4 = 80 RPM

Now you have to pick what RPM you should average during your workout:

- ***The Manhattan PT recommendation:*** Evidence based research shows that our bodies work most efficiently when spinning between 75-90 RPM.
- To reach between 75-90 RPM you may need to adjust the resistance on your spin bike.
 - Spinning below 60 RPM may cause knee and back pain. To keep above 60 RPM lower the resistance on your bike.
 - If you are spinning above 110 RPM *you might as well throw in the towel and go have a drink at the juice bar*, because your bike will be doing all the work. To lower your speed, increase the resistance during your workout.

So a great ***Winter Fitness Tip*** from **Manhattan PT** is to maintain your cardio workout and leg strength with spin classes during the cold weather. Just remember to start out slowly; spin only 20-30 minutes during the first 3 classes and try to average 75-90 RPM's throughout your workout.

And of course, **if you experience pain stop** the exercises immediately and ask one of our Manhattan PT Therapists how to safely modify your workout and prevent further injuries. If you are not a current patient please feel free to email us at MRPTny@aol.com.