



**Manhattan PT**  
MRPT PHYSICAL THERAPY

# Winter Fitness Tips

[www.MRPTny.com](http://www.MRPTny.com)  
212-661-2933

## **Bringing The Bike Indoors - Spinning Classes**

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. If your bike does not have a computer, you can use 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 MRPT Physical Therapy 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*** 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 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.