

VF Beginners Indoor Cycling Guide



www.venusfitness.ca



Hello there!



Hello, I'm Shannon, a fitness professional based in Vancouver, Canada, with over 17 years of experience specializing in indoor cycling instruction. I'm thrilled to share my expertise as a BCPRA certified Personal Trainer and Group Fitness Leader, having received specialized training like "Power-Beyond the Basics" with Krista Popowych, a Keiser International Master Trainer.

My passion for indoor cycling is reflected in my role as a Fitness Leader with the City of Richmond, where I focus on creating dynamic and effective indoor cycling experiences.

Shannon

Founder, CPT and Fitness Leader



What is Indoor cycling?

®

Indoor cycling, also referred to as Spinning® is a form of high-intensity exercise that involves using a stationary bicycle in a classroom setting.

The great thing about indoor cycling classes is that you can exercise side by side with people of different abilities, enjoying the energy and inspiration of the group and guided instruction, all while controlling your effort and intensity. The key differences between the group cycling programs and other “group” indoor exercise programs:

1. You don't have to over-exert yourself trying to “keep up” with more advanced athletes.
2. You don't have to spend your time fumbling around learning choreography.
3. The classes will never be too easy.

Mentally the ride is structured so you can participate in the entire journey at your own pace, at your own effort level, on your own bike.



"Music, personality, and enthusiasm is dependent on the instructor and/or the center. Try different locations and instructor styles to find the most enjoyable fit for you."



Bike Set up

- Standing close to and beside the seat (referred to as the saddle), it should be level with the highest point of the hip bone.
- When sitting in the saddle, note the seat height in relation to the bent knee. As the knee extends into a straight line, a slight bend in the knee is optimal for most riders.
- Move the saddle up and down if necessary to adjust the seat height.
- With your feet flat and the front left at 90 degrees the knee should be in line with the center of the pedal or your shoe laces. The extended leg should have a slight bend in the knee.
- Move the saddle back or forward if necessary to adjust the knee alignment.
- Secure the foot into the cage by placing the widest part of the foot on the pedal and within the toe cage.
- Locate the strap and pull on it to tighten. It should be snug, but not too tight to cause discomfort.



Hand position

1

Overhand or Front Grip

- Hands rest on the handlebars in a comfortable and neutral position with a slight bend at the elbows
- Wrists should be straight and thumbs over the bar



Overhand Front

2

Hooked or middle Grip

- The fleshy part of the hand located between the thumb and first finger is placed near the hook of the handlebars
- Elbows are slightly flexed, avoiding external rotation
- Ideal position for adding resistance and well-suited for good control of the upper and lower body



Hook/Middle

3

Extended Grip

- The hands are extended along the furthest part of the handlebars
- Arms are parallel and elbows relaxed, slightly flexed
- Hand grip is light and not over the end of the handlebars



Extended

4

Time Trial

- The elbows and hands are held in a relaxed position
- Elbows and forearms should ideally hover over the handlebars
- If a rider has poor form or feels that the position is too constricting, opt for Position 3
- Used for Seated Flats and Time Trialing



Time Trialing

Computer Display

Specific to a Keiser Bike Screen

01 RPM (CADENCE)

the RPM displays the revolutions per minute of the crank arm which is roughly the speed you are pedaling at.

02 WATTS- POWER & ENERGY

the power output display switches between Watts and Kilocalories. (Total Value of the workout) Watts is the Measure of how hard you are working.

03 HEART RATE

If you are wearing a Polar Brand heart rate strap you will see your heart rate display here, otherwise it will be blank.

04 ELAPSE TIME

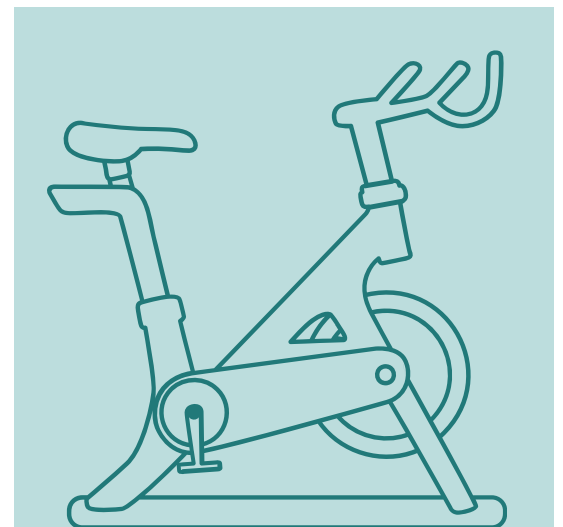
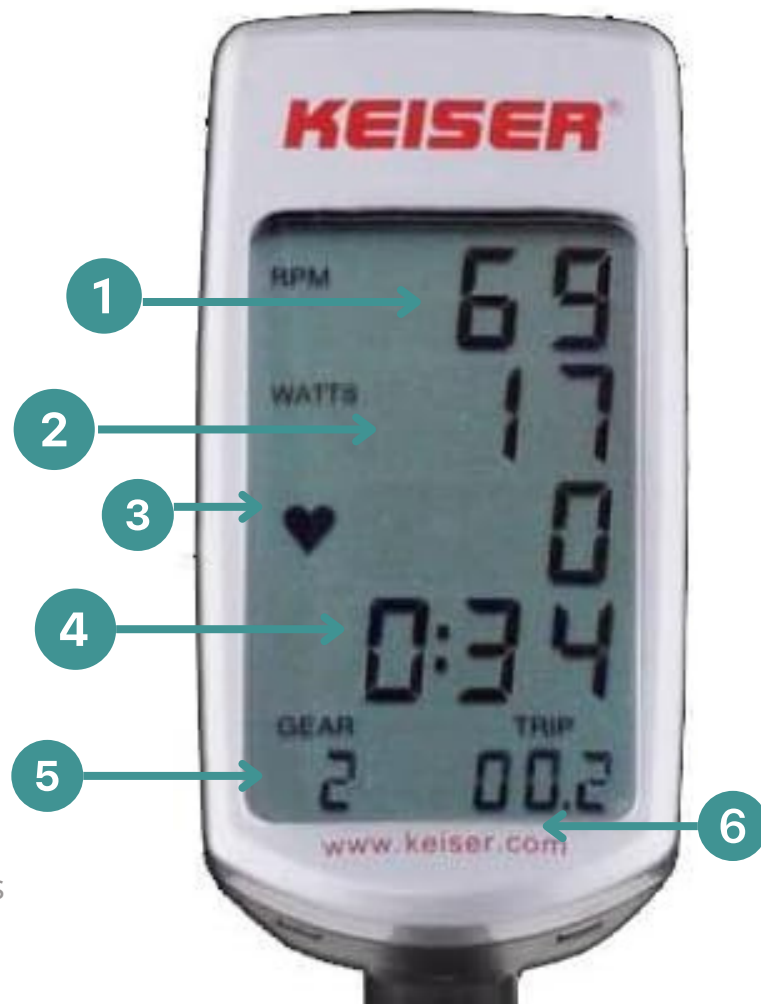
This shows the total workout time spent

05 GEAR

Gears from 1-24 are displayed here.

06 ODOMETER/TRIP DISTANCE

The Trip distance is displayed in miles. Calculated by distance value (flat run road) based on power production.





Basic Cadence: 60-110 RPM

Distribute body weight evenly between the Seat, Handlebar, and Pedals. The basic posture serves as a point of reference for all other riding positions

- Upper body relaxed with your shoulder and neck in neutral alignment.
- Engage the core (midsection, deep abdominal muscles) with the pelvis in a neutral position.
- Knees parallel and in line with the second toe.
- Avoid seat discomfort by ensuring your glutes are at the back of the seat and you are sitting on the widest part of the seat..



Seated Climb Cadence 60-90 RPM

Add moderate to heavy resistance to simulate a hill climb.

- Focus on maintaining a steady cadence; keeping even pedal strokes.
- Upper body remains relaxed; core engaged.
- Keep a light grip on the handlebar; hand position 1 or 2 compliments the seated climb.

Standing Climb Cadence: 60-90 RPM Heavy 60-75RPM | Faster 75-90RPM

Gear up to a higher resistance and transition to a standing position.

- Keep each pedal stroke smooth and fluid.
- The center of gravity is low in the body with very minimal body weight on the handlebar; hand position 2 or 3 compliment this.
- Heavy climbs: shift weight back, 60–75 RPM.
- Faster climbs: shift weight slightly forward and over the middle of the seat at 75–90 RPM.

Let's Get Started!

Embarking on your indoor cycling journey is an exciting step towards a healthier and more active lifestyle. I've tried to cover everything you need to know as a beginner – from choosing the right equipment and setting up your indoor cycling space to mastering basic techniques and crafting effective workout routines.

Remember, consistency is key, and progress comes with time and dedication. So, clip into those pedals, adjust your resistance, and let the rhythmic beats guide you on this exhilarating ride towards improved fitness and well-being. Happy cycling!

[SCHEDULE A CALL](#)



[LEARN MORE](#)

If you're in Richmond, B.C., and keen to join one of my classes, simply send me a direct message on my social media, and I'll provide you with my up-to-date teaching schedule.

Shannon



www.venusfitness.ca

