
+ SETTING UP A NEW RIDER

Saddle Height

- Set the saddle on the slider bar in a neutral position so there is equal distance front and back.



ASSESSING SADDLE HEIGHT

- Ask the rider to stand directly next to the saddle, lift the inside leg to 90° and line up the back of the saddle with the top of the thigh; an alternate method is to ask the rider to place his or her finger on the greater trochanter (ball and socket hip joint) and match that level.



HEEL CHECK

- Heel Check: Instruct the rider to sit in riding position: sitting on the widest part of the saddle, hands comfortably on the handlebars, with a neutral spine. Have the rider place the crank arms straight up and down (12 and 6 o'clock) and then place a heel on the pedal spindle of the bottom (6 o'clock) pedal, keeping the foot parallel to the floor. In this position, the knee should be fully extended and the hips should be level. If not, adjust the saddle up or down as needed.



KNEE AT 25–35 DEGREES OF FLEXION

- Once the heel check is complete, request that the rider place the balls of his or her feet over the center of the pedals. This is when the rider should either clip in or be assisted into the toe cages and shown how to pull the strap snug. If the heel check was done correctly, there should be a slight bend in the knee, between 25–35°, on the leg in the 6 o'clock position.
- A seatpost that is too low is equally as unsafe as a seat post that is too high.

Saddle Fore/Aft

- Have the rider keep his or her hands in the same place on the handlebars and place the pedals at 3 and 9 o'clock. The forward foot is at 3 o'clock and will be used for the plumb line.



SADDLE FORE/AFT - PLUMB LINE FROM TIBIAL TUBEROSITY TO PEDAL SPINDLE

- Using a plumb line (a string or cord with a weight tied to one end and a loop at the other), place the loop end at the tibial tuberosity, which is the bony protuberance just below the kneecap, and let the weight dangle down to the pedal or just below it. The weighted end should align with the center of the pedal, known as the pedal spindle (bolt that attaches pedal to crank arm). The weight can be slightly behind (up to ½ in), but not in front of, the pedal spindle.
- If changes were made to fore/aft of the saddle, the rider needs to recheck the saddle height. If the rider then makes changes to saddle height, it is necessary to recheck saddle fore/aft again as well. Once height and fore/aft are set, have the rider pedal slowly. Watch the legs rotate to ensure proper alignment.
- Encourage riders to remember their settings for the next time they take a class.

Handlebar Height

- The main goal of handlebar adjustment on a Spinner® bike is comfort. Riders are encouraged to place the bars in a position that allows for natural extension of the arms, relaxation in the shoulder girdle and comfort in the torso for optimal breathing. Ideally, the rider's elbows should be slightly bent, with no straining to reach the bars. Raising the bars up brings them closer, while lowering puts them farther away. On outdoor bikes, riders make handlebar adjustments for aerodynamics, which is not relevant indoors. Riders should raise or lower the bars according to their comfort level.

Handlebar Fore/Aft

- Some Spinner bikes have a fourth adjustment for the handlebars that adds three inches (7.62 cm) to the fore/aft adjustment. This enables the rider to adjust the reach for comfort and proper upper body extension.
- Position the handlebars to the preferred height.
- Have the rider continue to keep his or her hands on the handlebars and place the pedals at 3 and 9 o'clock, with the forward foot at 3 o'clock. Adjust reach fore or aft to attain the most comfortable distance.

Pedals

- Shoe laces should be double knotted or tucked in to prevent them from getting tangled in the pedals or around the crank arms.
- If toe cages and straps are used, instruct riders to align the ball (metatarsal) of the foot over the center of the pedal and pull the strap snug.
- If clipless pedals are used, remind riders to check the cleat tension on the pedals so there is just a slight movement side to side of the heel when clipped in.
- When riders arrive wearing cycling shoes for the first time, instruct them to sit on the saddle and place the shoe in a toe down position until they feel contact, then push the heel down to lock it into position.

Hand Positions

Hand Position 1

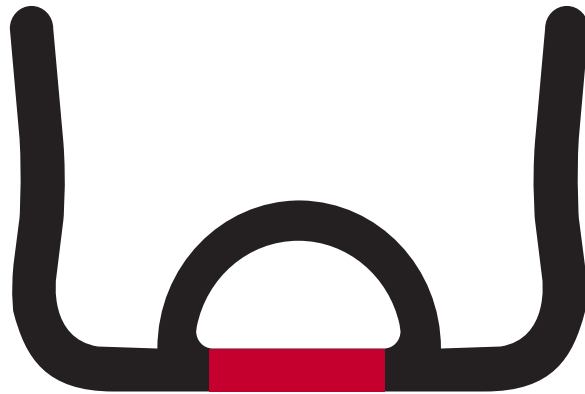
Hand Position 1 is for Seated Flats when the intensity is easy to moderate. This includes warm-up, recovery after **intervals**, endurance drills and cool-down. Practicing this position teaches riders the skill of relaxation and enables rhythm and connection to the bike.

Cue as directed:

- Rest hands in the center of the handlebars with weight on the outer edges of the hands to maintain circulation to wrists and palms.
- Keep elbows slightly bent, shoulders relaxed and eyes forward.



HAND POSITION 1



Hand Position 2

Hand Position 2 creates more stability and opens up the chest for optimal air exchange. The majority of riding time is spent here. Hand Position 2 is used for Seated Flats, Standing Flats, Seated Climbs, Jumps, Running on a Hill, Jumps on a Hill, Sprints on a Flat and Sprints on a Hill.

Cue as directed:

- Place palms over handlebars with thumbs resting on the top or inside of the curve.
- Point fingers down, point knuckles forward and keep wrists neutral.
- Maintain a soft bend in the elbows, keeping shoulders relaxed and eyes forward.



HAND POSITION 2

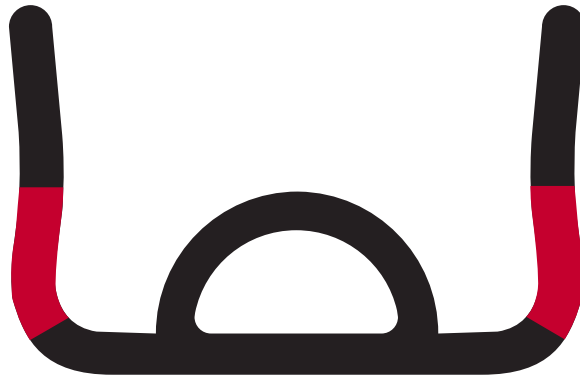


Hand Position 2.5

Hand Position 2.5 is another option for any movement for which a rider would use Hand Position 2. Those who require a longer reach may slide hands to the outside of the handlebars.

Cue as directed:

- Keep shoulders relaxed, elbows soft, wrists in neutral alignment, shoulders back and eyes forward.
- Lightly grip fingers with the thumbs toward the inside of the bars, maintaining neutral wrists.



HAND POSITION 2.5

Hand Position 3

Hand Position 3 is used only when standing with heavy resistance, when the intensity is hard to very hard. It is used for Standing Climbs and during the standing portions of Jumps on a Hill, Sprints on a Flat and Sprints on a Hill.

Cue as directed:

- Increase resistance to heavy.
- Stand up and grasp the end of the bullhorns with the palms inward and knuckles out.
- Wrap fingers lightly around the bars with thumbs over the ends.
- Adjust resistance as needed to maintain a smooth pedal stroke and keep a relaxed grip on the handlebars.



HAND POSITION 3

