

Bike Set-Up

>>SEAT HEIGHT

With your leg at the bottom of the pedal stroke, your knee should have a slight bend of five degrees.

Make sure the handlebars, seat post and seat slider are securely attached and that all "pop-pins" are completely engaged.



>>FORE/AFT POSITION

Arms should be able to reach the handlebars comfortably and elbows should be slightly bent. Your seat is adjusted correctly when you can draw a straight line from the front of your kneecap down through the pedal axle while the crank arm is in the horizontal position, parallel to the ground.



>>HANDLEBAR HEIGHT

Find a position that is comfortable and limits undue strain on your neck and back. If you are new to Spinning, you may want to start with the handlebars in a slightly higher position and adjust downward to the level of the saddle as you become more flexible and comfortable on the bike.



>>FOOT POSITION

Position your shoe so the ball of your foot is over the center of the pedal. Make sure your shoelaces are tucked in and your foot is securely attached to the pedal.



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