

# Spin Workshop.

## Promotion of the workshop:

- Gym Information Board – Workshop Section (Board updated am checks)
- PA announcement by FOH / MANAGER – (Coach's name) will be starting the (name of workshop) in **15 minutes** time. All members are welcome to attend, please meet (Coach's name) at Reception.
- All available team members to perform a gym floor sweep and invite as many members on the gym floor as you can
- Reception to mention to members as they swipe in
- PA announcement by FOH / MANAGER – (Coach's name) will be starting the (name of workshop) in **5 minutes** time. All members are welcome to attend, please meet (coach's name) at (meeting point)
- Any ad hoc sessions run should follow the same format amending the timings of PA accordingly



## Equipment required:

- Saddle Set up • Handle Bar Set up • Brake and Resistance Advice • Paddle • Resistance

Reserve any equipment you want to use approximately **5 minutes** before session.






## At the beginning of the workshop:

- ✓ Introduce yourself to the group
- ✓ Introduce the members to each other

EXERCISE	DESCRIPTION	PICTURE	COACHING POINTS
<b>WARM-UP</b>	Seated easy		<ul style="list-style-type: none"> <li>• 3 turns of resistance</li> <li>• Explain how the class is going to work</li> </ul>
<b>SEATED CLIMB</b>	Seated Climb 60% power		<ul style="list-style-type: none"> <li>• Back nice and flat</li> <li>• Forearms resting on handle bar</li> </ul>

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We'll get there together.

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EXERCISE	DESCRIPTION	PICTURE	COACHING POINTS
<b>SEATED SPRINT</b>	2 more turns resistance 80% power.		<ul style="list-style-type: none"> <li>• Consistent power</li> </ul>
<b>STANDING CLIMB</b>	Same resistance Standing Climb 80% Power.		
<b>SEATED CLIMB</b>	Seated Power Climb, Stay seated with 6 turns of resistance.		<ul style="list-style-type: none"> <li>• Every 10+ secs half of turn off</li> </ul>
<b>HOVER</b>	3 turns of resistance. 90% power.		<ul style="list-style-type: none"> <li>• Standing out of saddle, weight pushed back</li> </ul>
<b>COOL-DOWN</b>	Leave two turns of resistance on, maintain 40% power, run through upper and lower stretches, covering main areas.		<ul style="list-style-type: none"> <li>• Upper body, back stretch, triceps stretch, shoulder stretch, forearm stretch</li> <li>• Lower body of bike, quad stretch, hamstring and calf stretch off the bike</li> </ul>

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