

SPINNING®



→ Training Tips

YOGA SPIN™

Yoga Spin is a Spinning® program workout that combines two of today's most popular fitness activities into one, fluid class.

What is Yoga SPIN?

Yoga SPIN is a combination class format that trains your heart and strengthens your lower body with a Spinning ride, and then stretches your hard-worked muscles with yoga asanas. Yoga and the Spinning® program are natural complements to one another because each exercise has a mental and a physical component, and trains your body while developing mind/body awareness.

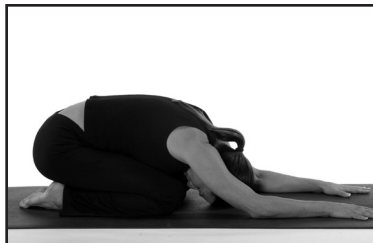
Yoga Asanas

In yoga, asanas are postures held in a sitting, standing or lying position. Each asana has a specific purpose, and will stretch or strengthen certain muscles, improve balance and center one's focus. That can be a lot to think about when you're just starting out, so be sure to take it slow while you're getting comfortable in each pose. With practice, you'll see great improvements in your coordination, balance and fluidity.

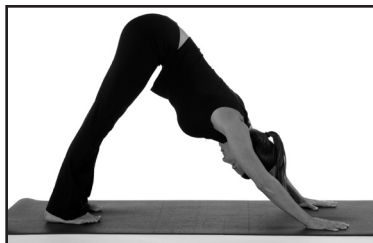
Here are some of the common yoga asanas you'll learn in Yoga SPIN:

FIVE TIPS FOR SAFETY IN YOGA SPIN

1. Be sure your heart rate recovers completely before transitioning from the Spinner® bike to the yoga mat.
2. Pay attention to your body. If you feel pain anywhere, stop and ask the instructor for assistance or for a modification.
3. Move slowly and with control. There's no need to rush in yoga.
4. Don't pay attention to others around you in class. In yoga and in Spinning, it's important not to compete, but to do what's best for you.
5. Focus on your breath, and try to keep it deep, smooth and rhythmic.



Child's Pose—Release the muscles in the lower back, and stretch the muscles on the tops of your feet, ankles and shins.



Downward Facing Dog—An excellent stretch for the hamstrings, backs of knees and calves.



Modified Warrior—Stretches the quadriceps, hip flexors, abdominal muscles, gluteals and hamstrings.

→ For more information about the Spinning program, visit www.spinning.com or call **800.847.SPIN (7746)**.

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