

## HAND POSITIONS AND CORE MOVEMENTS

### Seated Flat

*Hand Position 1 or 2: 80-110 RPM*  
 The most basic movement in the Spinning® program, the seated flat helps build strength, stamina and a strong fitness base.



### Seated Climb

*Hand Position 2: 60-80 RPM*  
 The seated climb challenges your lower body, targeting the gluteals and hamstrings for strength, toning and definition.



### Standing Flat

*Hand Position 2: 80-110 RPM*  
 The Standing Flat is an upright, standing run performed with light to moderate resistance. Running uses core muscle groups to stabilize the body, improve eg speed and increase endurance.



### Standing Climb

*Hand Position 3: 60-80 RPM*  
 The standing climb is an out-of-the-saddle hill climb used to strengthen and define leg muscles, particularly the quadriceps.



### Jumps

*Hand Position 2: 80-110 RPM*  
 Jumps are performed by transitioning in and out of the saddle in a smooth, controlled movement. Jumps develop overall strength, timing and balance by shifting muscles utilization from a seated to a standing position.



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