

Indoor Cycling Tips

As cooler weather approaches and indoor group exercise classes become more appealing, here are a few tips for the indoor cyclists.



- (1) Make sure your bike is set up properly for you, not for the last person on the bike. Ask for assistance from the certified instructor to make sure you're positioned properly.
- (2) If you wear bike shoes, make sure the cleats are tight and positioned correctly. Riding with loose or crooked cleats could cause havoc on your knees due to the resistance and repetitive movement of cycling.
- (3) Watch the tracking of your knees. Do your knees track over your 2nd and 3rd toes, or with each pedal stroke is your knee moving inward or outward?
- (4) Stay light on the handle bars. Try to focus on keeping your weight in your hips, not in your shoulders or arms.
- (5) Make sure to go at your own tempo. It's more important to listen to your body than the fast paced beat of the music.
- (6) Stay mindful of the bike tension. Always make sure to have enough tension on the bike to maintain controlled movements. Too little resistance can be just as harmful as too much. If you feel yourself bobbing either while sitting or out of the saddle, add more tension.
- (7) Stay away from excessive movements, these movements can cause you to throw off your balance or possible back strain. Keep the weight training, crunches and push-ups for the boot camp class or weight room.
- (8) Some instructors enjoy adding more choreography to their classes to keep their students from being "bored". Stay focused on form, visualize yourself riding on the road and continue to question whether these are movements you would be able to do on your road bike.
- (9) While performing jumps, focus on creating a smooth transition from the saddle to standing position for every repetition. Jumping too fast will cause the exercise to be ineffective.
- (10) Never stretch on the bike. Although once in awhile an instructor may insist on stretching on the bike, it's healthier for both you and the bike to stand on the floor for stretches. The bike can't take the stress of the bodyweight on the handle bars, and you'll find you will probably feel more stable for the stretches on the floor anyway.

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