

cycle, and because of the 40-pound flywheel connected directly to the pedals with a fixed gear system, there is no way to just coast. A twist knob allows the rider to adjust the pedaling resistance. Each spinner can decide on the difficulty level of their workout, allowing people with different ability levels to train together.

Spinning is described as “part Tour de France, part yoga and part 12th century torture chamber.” It is not just riding an indoor bike or doing aerobics on a bike. No two classes are alike. One day, you could be mountain climbing and the next, in a candlelit room with burning incense. In one workout session alone, you can burn up to 800 calories—not bad for a bike ride.

Spinning is more like real bike riding than anything else you will find in a gym and it is much more fun than riding a wind trainer. The classes last 40 minutes and are led by an instructor, who sets the course and often

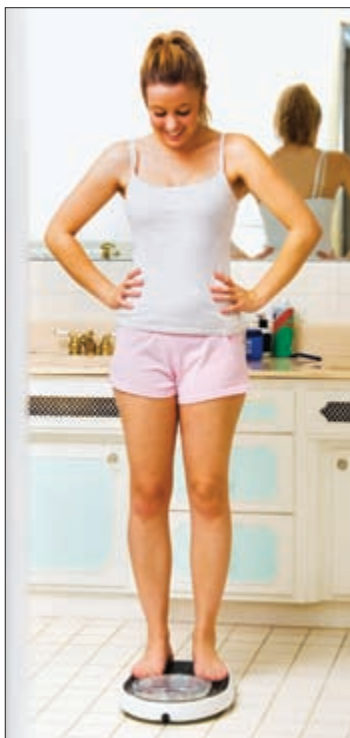
puts on loud, energetic music. Following the instructor’s cues, students change the resistance to simulate going up and down hills, and get out of the seat to climb or sprint.

Some advice if you’re going to try spinning: Wear a pair of good bike shorts, and bring a towel and large bottle of water. If you have one, take a heart rate monitor to control your workout intensity and maximize your fitness.

Make sure your gym’s curriculum is being taught by a certified instructor. Each certified instructor is required to go through nine months of training. The curriculum itself uses the latest techniques in heartrate training, sports psychology, nutrition and Johnny’s own unique motivational techniques.

Spinning is a cardiovascular workout for the whole body. It doesn’t matter if you are a newcomer or a seasoned pro, the results will be the

same: A healthier, more fit body. □



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