

PRO-LITE

A beginner spin bike program should focus on building a base level of fitness and stamina. Start with shorter, low-intensity rides, gradually increasing duration and intensity as fitness improves. Our sample plan includes a warm-up, a main workout with intervals of varying intensity, and a cool-down.

Before you start take your resting pulse and make a note of it. It's worth doing this 2 or 3 times at different times of the day to determine an average. We also recommend you have a mat on the floor to catch sweat and a fan to help keep you cool. The fan works best when it is blowing head on to your upper torso.

Here's a structured approach:

1. Warm-up (5-10 minutes):

Begin with a gentle, low-intensity spin to get your muscles warmed up and your heart rate elevated.

Increase resistance gradually, but maintain a comfortable pace. Aim for

2. Main Workout (15-20 minutes):

Interval Training: Alternate between higher and lower intensity periods. For example, 3 minutes at a moderate intensity, followed by 1-2 minutes at a higher intensity. For example start at say level 4 and then go to level 6 on the power adjuster lever.

Example: 5 minutes at medium intensity, 2 minutes at high intensity, 5 minutes at medium intensity, 2 minutes at high intensity, and then 5 minutes at medium intensity.

Focus: Building stamina and endurance rather than just calorie burning.

3. Cool-down (5-10 minutes):

Gradually decrease the intensity and resistance until you are pedalling at a very low intensity.

Allow your heart rate and breathing to return to normal.

Important Considerations for Beginners:

Listen to your body: If you feel any pain, stop and rest. Keep cool and keep sipping water – not cold beer.

Proper Form: Maintain good posture, avoid locking your knees, and adjust the bike to your body. **We can make a free video call** with you to help you with this at a time to suit you. We also have videos to show you how important the right position is.

Hydration: Drink water before, during, and after your workout.

Consistency: Aim for 2-3 sessions per week to build your fitness.

Progression: As you get fitter, gradually increase the duration, intensity, or both of your workouts.

Example Workout:

Warm-up: 5 minutes at a low intensity.

We cannot recommend highly enough that you invest in good quality cycling shorts. We work very closely with Apex Custom clothing who have a well-established track record of producing amazing quality clothing for all levels of cycling, from beginners to Olympic athletes. Please let us know if you need any help or advice in choosing the right garments.

We also emphasise that once you start to train on a regular basis that you invest in some cycling shoes. Again we can help you with this.

What are Intervals: An example would be 3 minutes at medium intensity, 1 minute at high intensity. Repeat this cycle 3-4 times.

Cool-down: 5 minutes at a low intensity.

By following this program and paying attention to your body, you can safely and effectively build a solid foundation for more advanced indoor cycling workouts.

Normally after 2 weeks we will schedule a call with you to help you start moving to the next level of using the bike to improve your health, fitness and well-being.