


SPINNING

Lesson objectives

Students will learn the proper procedures when using the spin bikes at MCMS.


SPINNING



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Lesson objectives Teachers' notes Lesson notes

SPIN INSTRUCTIONS




Stand next to the bike and make sure the bike seat is waist high; if it is not ask the teacher to adjust the seat


Instruction

Bikes are arranged by height:

- Short people = Front of room
- Tall people = Back of room




Strap your feet in the pedals and start pedaling at "0" tension



Keywords

Word	Description
Red Button	Brake when you push down
Right Turn	increases tension · makes pedaling difficult
Left Turn	removes tension · makes pedaling easier

4 CHECK POINTS



Turn Right

Turn Right

Turn Left

Turn Right