

Spinning

Spinning, Studio Cycling, Indoor Class Cycling, or whatever your gym likes to call it is basically a room full of specialised bikes encircling one leader bike. Spinning has become one of the most popular means of getting a workout as you can burn an estimated five hundred calories per forty-minute ride. This makes spinning a remarkably efficient way of losing weight. Of course this depends how fast you go but one of the advantages of indoor cycling is that you can work at your own pace and gradually pick up speed as you get stronger

Taking a spinning class is one of the most enjoyable ways to get into this form of exercise. Be sure to ask the instructor to fix the bike for you. This means seat at the correct height and the right resistance set for your fitness level. Enter the room of Spinning and it can seem quite daunting. Don't be put off though because if you have a reasonable level of fitness then during the class you can set your own level. The team spirit of the class encourages participants to push themselves. This along with the pumping music and the encouragement of the instructor can make indoor cycling both fun and challenging. Just be careful when you're starting out not to overdo it.

The idea has been around since the 80's and is an excellent way to get the old heart beating and significantly improve your fitness. It is a high intensity cardiovascular workout and as such should not be attempted by complete novices.

It may take some time to get used to but the rewards are worth it, as it focuses on the biggest muscle groups in the body and therefore can have some of the biggest gains for weight loss and fitness. This includes improved tone to legs (claves in particular) your abdomen, bum, and hips. You get all the fun of cycling but in a concentrated environment where you can feel those unwanted pounds disappearing under the force of your furious pedalling!

