



Choose Your Cues

Presented by Terri Arends, B.S., P.E.

t.arends@att.net

Sunday, June 1, 2008 10:00 AM–11:00 AM

We will seek out methods of verbal and nonverbal communication carefully during this interval-formatted ride. Explore the essence of silence as a powerful communications tool and discover the magic of words. You'll see how word selection can enhance the ride by creating a mental road map. You'll soon be speaking a new vivid Spinning® language.

Master the Basics:

- Bike setup
- Three hand positions
- Safety

Develop your language. Ask yourself:

- Who are my participants?
- What is the purpose of the class?
- What Energy Zone™ will my students be riding today?
- My developed spin profile will consist of what ride elements?

Use Visualization:

- Draw a picture in your mind
- Focus on one goal
- Use visualization to encourage relaxation, manipulate heart rate, resist fatigue, strengthen self-discipline and reach higher levels of performance.

Choose Your Cues:

- Use power words, for example: power, smooth, command, manage, analyze, choose.
- Use cues that tap into your senses: see, grasp, tune in, breathe, savor.
- Relate the context of affirmations to group settings. Examples: "Your progress begins now." "You can get to the top." "Let's perform this climb effortlessly."
- Remember, too many words or too much stimuli can cause a lack of clarity, which may lead to lack of focus. Most likely the student will revert to tuning you out.
- Silence can be powerful. Find music that speaks.

Spinning Instructor Manual, Spinning Visualization and Imagery Workshop, Teaching Music

**Please remember to submit a session evaluation.
Your feedback is important to us!**