



Form Fitting

Presented by Michael Ferrante

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Friday, May 30, 2008 7:00 AM–8:30 AM

### **Objectives**

- Review the Spinning® philosophy as it relates to road cycling
- Explain fixed-gear setup and flywheel as it relates to resistance knob and the overall impact these components have on proper form
- Discuss/demonstrate proper cadence for indoor cycling and its impact on proper form
- Discuss/demonstrate proper pedal stroke
- Explain the barriers to proper form: no prior riding experience, muscular/skeletal limitations, cardiovascular fitness, health issues, body weight, proper clothing and equipment, and personality/style/perceived skill level

### **Bike Positions, Movements and Recommended Cadence**

*Additional Mad Dogg Athletics handouts supplied for workshop discussion*

### **The “Form Eye”—Watch for Cycling Form Weaknesses**

- Legs flared out
- Elbows flared out
- Hunched shoulders
- Bouncing in the saddle
- Excessive body movements in head and upper body
- Excessive movement on the down stroke while climbing
- Disproportionate power distribution
- Weight in the handlebars
- Drop-out at bottom of pedal stroke
- Pointed toes while pedaling
- Sinking on the pedals

### **Let’s Ride**

Examination and discussion of individual riding styles with modifications

**Please remember to submit a session evaluation.  
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