

101.

Welcome to Prime Cycle Hoboken! We're happy to have you at our studio and want you to feel comfortable and confident as you begin your fitness journey with us. Below are the basics of our ride at Prime. Take a moment to read through these tips to ensure you get the most out of your workout!

BIKE CALIBRATION

Here at Prime Cycle, we have an awesome thing called Performance IQ. Performance IQ is a metric used to keep track of your rides with us. It measures calories, distance, and total energy output (based on your resistance and RPMs throughout class). It's a fun way to stay competitive with yourself and monitor your workouts. However, in order for it to work, you must calibrate your bike before class starts.

HOW TO START

1. **DO. NOT. PEDAL.**
2. Take the resistance off your bike completely by turning the red resistance (torque) knob all the way to the left until it stops.
3. Hit the middle button on the red power console on your bike three times.
4. Wait for the 15 second countdown to complete.
5. Your screen will read READY TO RIDE.

ABOUT OUR BIKES

To **STOP** the bikes, press down on the red resistance knob. Never try to stop the bike using your legs.

Changes to your resistance occur in increments of a quarter, half, three-quarter or full turn at a time. This insures that you will be able to accommodate extra resistance gradually. The optimum workout occurs when you create the proper balance of resistance that allows you to maintain the cadence (RPMs) that the instructor calls throughout the ride.

Please chat with your instructor about any questions you have about your bike or your ride, we are here to help. Thank you for riding with us and welcome to our fit family!

RIDING BASICS AND FORM

In order to get the most from your workout, it's important to ride your bike with proper form. While you ride always keep these key points in mind:

Position. Sit on your bike so that you are comfortable in the saddle and make sure that your seat is proper height. Proper seat height is the level in which your leg does not lock out. There should always be a slight bend in the knee when your foot is at the bottom of the pedal stroke. At the top of your pedal stroke, your knee should not come above hip height.

Handlebar height. Adjust your handlebars so your spine is in a comfortable neutral position. The lower your handlebars, the more you will have to engage your core and work to keep proper form. Beginners should opt for a higher handlebar position at first, then as you get stronger you can lower your setting. If you have lower back, shoulder or neck issues, it's recommended to lift your handlebars a little higher to reduce strain and maintain neutral spine alignment.

During your ride. Make sure your core is engaged and that you maintain a neutral spine position. Pull your shoulders back, lift your chest, keep your eye gaze forward, and don't forget to breathe. Keep your feet flat and toes pointed forward, not down. Pull your feet up in your shoes to maximize the muscles you engage while riding.

While standing. Keep your body weight distributed over your legs and feet. Be mindful not to transfer your body weight onto the handlebars, or create tension in your upper body by gripping too tightly on the handlebars.

Upper body movements. These movements are encouraged but always optional. If you have a back or neck impingement/injury, incorporate these movements slowly or not at all. Upper body movements at Prime Cycle are taught from the basis of core stabilization. Do not thrust your body weight forward into the handlebars during these exercises. While standing, keep your hips back over the saddle and move through a comfortable range of motion.



Dani Iannone, Lead Instructor
CPT NASM-(FNS,CES), ACE, Pre/Post Rehab
and Pre/Post Natal Specialist