

**USP ALLENWOOD REC DEPT.**  
**SPINNING CLASS ACTIVITY LOG**

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MINUTES	ACTIVITY	HAND POSITION
20	INSTRUCTION: Intro to Spinning	
5	WARM - UP	1
10	SEATED FLAT	2
5	LOW RESISTANCE	1
5	LOW RESISTANCE	1
5	STANDING RUN	2
5	LOW RESISTANCE	1
5	COOL DOWN	1

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20	INSTRUCTION: Riding the bike - Set Up	
5	WARM UP	1
10	SEATED FLAT	2
5	LOW RESISTANCE	1
5	LOW RESISTANCE	1
5	STANDING RUN	2
5	STANDING RUN	2
5	COOL DOWN	1

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20	INSTRUCTION: Body positioning / Correct Form	
5	WARM UP	1
10	SEATED FLAT	2
5	STANDING RUN	2
5	STANDING RUN	2
5	SEATED FLAT	2
5	STANDING RUN	2
5	COOL DOWN	1

## WEEK 4

20	INSTRUCTION: Setting Goals	
5	WARM UP	1
10	SEATED FLAT	2
5	STANDING RUN	2
10	LOW RESISTANCE	1
5	STANDING CLIMB	3
5	COOL DOWN	1

## WEEK 5

20	INSTRUCTION: The 40 min. workout	
5	WARM UP	1
5	LOW RESISTANCE	1
5	STANDING CLIMB	3
5	LOW RESISTANCE	1
5	20 JUMPS	2
5	LOW RESISTANCE	1
5	20 JUMPS	2
5	COOL DOWN	1

## WEEK 6

20	INSTRUCTION: Building Leg endurance	
5	WARM UP	1
5	SEATED FLAT	2
5	30 JUMPS	2
5	LOW RESISTANCE	1
10	STANDING RUN	2
5	LOW RESISTANCE	1
5	COOL DOWN	1

## WEEK 7

20	INSTRUCTION: Rate of Perceived Exertion (RPE)	
5	WARM UP	1
5	40 JUMPS	2
5	LOW RESISTANCE	1
5	40 JUMPS	2
5	STANDING CLIMB	3
5	40 JUMPS	2
5	LOW RESISTANCE	1
5	COOL DOWN	1

## WEEK 8

20	INSTRUCTION: Enhancing performance	
5	WARM UP	1
5	STANDING RUN	2
5	LOW RESISTANCE	1
5	STANDING CLIMB	1
5	LOW RESISTANCE	1
5	50 JUMPS	2
5	50 JUMPS	3
5	COOL DOWN	1

## WEEK 9

20	INSTRUCTION: Review Safety	
5	WARM UP	1
5	60 JUMPS	2
5	LOW RESISTANCE	1
5	SPRINTS	3
5	LOW RESISTANCE	1
5	60 JUMPS	2
5	SEATED FLAT	2
5	COOL DOWN	1

WEEK 10

20	INSTRUCTION: Discuss week 4 goals	
5	WARM UP	1
10	STANDING CLIMB	3
5	LOW RESISTANCE	1
5	SPRINTS	3
5	LOW RESISTANCE	1
5	50 JUMPS	2
5	COOL DOWN	1

WEEK 11

20	INSTRUCTION: Speed building	
5	WARM UP	1
10	80 JUMPS	2
5	40 JUMPS	3
5	LOW RESISTANCE	1
5	SPRINTS	3
5	LOW RESISTANCE	1
5	COOL DOWN	1

WEEK 12

20	INSTRUCTION: Complete Class Review	
5	WARM UP	1
5	SPRINTS	3
5	50 JUMPS	2
5	LOW RESISTANCE	1
5	STANDING CLIMB	3
5	50 JUMPS	3
5	STANDING CLIMB	3
5	COOL DOWN	1

R. VUOCOLO, A.S.O.R. \_\_\_\_\_

DATE: \_\_\_\_\_

R. JOSEPH, REC SPEC \_\_\_\_\_

DATE: \_\_\_\_\_