

C.O.R.E CYCLING™
Creating the Optimal Ride Experience

PROHIBITED MOVEMENTS

In keeping with C.O.R.E Cycling's mandate to graduate instructors that make safety a priority, we have identified movements on the bike that are unsafe and therefore prohibited from being taught by a C.O.R.E Cycling certified instructor. The list below is by no means exhaustive:

Isolating movements such as:

Squats *assuming a squat like position while pedaling, body forward over pedals*

Hovers *lifting the butt off the saddle, a few inches and pedaling*

Jumps *rapid, out of control succession of in/out of saddle*

Running *upright body posture, light resistance, "running" on pedals*

or

Using the upper body to engage in:

Weight training while on the bike

Push ups

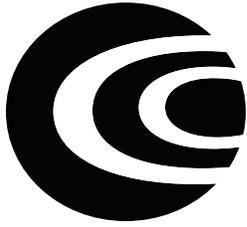
Aero position *the geometry of a spin bike is that of a road bike not a triathlon bike*

Crunches

The science behind our mandate is supported by Dr. Nigel Clements, head of orthopedic surgery at the Trillium Health Centre, Ontario. Dr. Clements is also an avid cyclist as well as an experienced indoor cycling instructor.

"The methods currently used on indoor cycle trainers such as 'jumps', hovering' and riding out of the saddle for extended periods are not transferrable to the road and do not promote the appropriate body mechanics and pedal stroke that one would apply to cycling out on the road. Reproducing as closely as possible what one would experience outdoors will reduce the risk of injury from improper technique and at the same time allow instructors to coach in a predictable manner."

Nigel .D Clements B.Sc.,M.D.,FRCS(C)



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Jennifer Sage

*12 years as a Master Instructor with Team Spinning® International
Author of 'Keep It Real In Your Indoor Cycling Classes'. This very informative 200 page ebook has
become the "go to guide" for Indoor Cycling Instructors wanting to teach a Safe and Effective class.*

“Cyclists do not have exclusive rights to sound and safe training principles – they are there for you to benefit from as well! *There are not two sets of rules.* There is a body of knowledge out there that we have to draw upon – it’s science baby, exercise science. And an instructor who doesn’t know much about the principles of exercise science or of riding a bicycle correctly, effectively and safely is a dangerous (and ineffective) instructor.

1. The mechanics of pedaling are not different for that cyclist in his team kit and clip-in cycling shoes and you in your sneakers.
2. The laws of physics are not altered when you walk into an indoor studio, suddenly allowing you to do something bizarre on that bike without risk of injury, like hovers, isolations, squats or crunches. And they’re not going to miraculously become effective just for you when there’s no proven effectiveness for anyone else in any other situation.
3. If a movement is going to impede a cyclist’s pedal stroke and make her less effective, potentially injure her, and reduce her power output (read: *burn less calories*) then it’s going to do the same for you.
4. If lifting a 1-pound weight will *not get you strong* in the weight room, even if you lift it 500 times, it certainly is not going to suddenly become effective because you do it while pedaling. Any personal trainer telling you to train like this should be fired (unless he’s working in PT or geriatrics).
5. If performing a crunch to strengthen your core requires doing it while *opposing* a force (like gravity), the laws of gravity and muscular adaptation don’t switch for you because you decide to crunch while sitting *upright* on a bike.”