



SPINNING®

2016 CATALOG





SPINNING®

The original name we created for indoor cycling. We are the brand committed to creating the best bikes and most comprehensive education. We deliver the world's premiere indoor cycling experience to all of our instructors, riders and facilities around the globe, one ride at a time.

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CHAPTER 1:
**THE SPINNING®
EXPERIENCE**









OUR STORY

Headquartered in Venice, California, Spinning® continues to be one of the biggest names in fitness today. As the creator of group indoor cycling, Spinning is the category leader in education, equipment and events. Tailored to fit all abilities and fitness goals, the Spinning program and its patented line of Spinner® bikes deliver an exhilarating and challenging experience at a self-directed pace. We are continuing to help everyone grow in health and wellness through the latest advances in manufacturing technology and scientific research, ensuring that every rider feels empowered, achieves their fitness goals and—most importantly—has the ride of their life.

In 1991, endurance cyclists Johnny G and John Baudhuin created Spinning with a simple goal: to bring an authentic cycling experience indoors. Together, they combined their passion and expertise in cycling, their innovative and authentic indoor bike design, and an inspirational class setting to create a thrilling new workout experience. 25 years later, the Spinning program and our line of Spinner bikes define the indoor cycling category—training more than 250,000 instructors at over 35,000 facilities, reaching millions of riders in 80 countries worldwide.

With our cycling heritage, solid programming and bikes designed to fit riders of all shapes, sizes and abilities, the Spinning program continues to succeed

in its mission to bring health and fitness to everyone. With expert coaching by our team of Certified Spinning Instructors who deliver energizing rides, the Spinning program has helped millions of people get into the best shape of their lives.

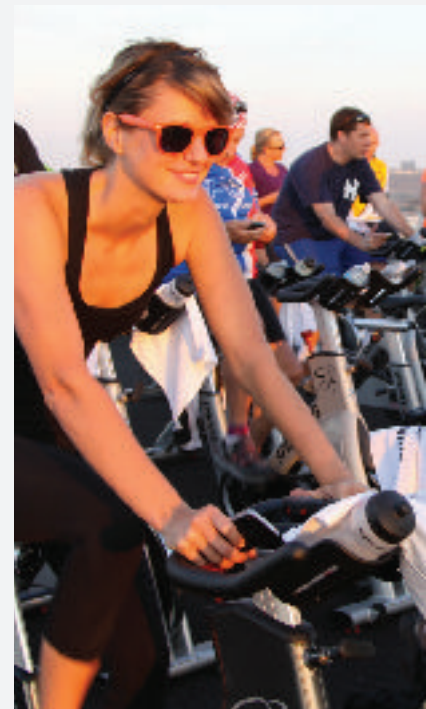
The love and enthusiasm for Spinning has cultivated a truly global community. At our many annual conferences and events, our community of passionate instructors and enthusiasts continues to grow by sharing ideas and experiences. Around the world, you will find our instructors presenting and attending education sessions that keep them up-to-date on the latest fitness information and trends. Through this outstanding education, they combine sound training principles and inspiring music to keep riders coming back for more.

We pour that energy and enthusiasm for the Spinning program into every one of our products. Our bikes continue to replicate the feel and geometry of real road bikes with even more elegant and durable designs. And just like our bikes, our line of apparel and accessories is specifically designed to make riders look good and perform even better.

Spinning is the original, authentic, exhilarating indoor cycling experience.

Welcome to Spinning 2016.

THE HISTORY OF SPINNING®



1991

'91 South African cyclist **Johnny Goldberg (known as Johnny G)** meets **John Baudhuin**, an avid cyclist and entrepreneur. The two team up to design and make the first run of commercial Spinner® bikes.

'92 Johnny G and John B. begin commercial manufacturing and distribution of Spinner bikes and the Spinning® program.

'93 The Spinning program is officially offered at Crunch gyms in New York City.

1995

'94 Mad Dogg Athletics, Inc. (MDA) registers and trademarks the Spinning name and develops the Spinning Instructor Certification Program.

Spinning is named the "hot exercise" in *Rolling Stone* magazine's annual "hot list."

2000

'96 More than 1,000 facilities in over 30 countries become Official Spinning Facilities.

'98 MDA launches the first Spinning continuing education workshops.

'99 The first World Spinning® and Sports Conference (WSSC) takes place in Los Angeles, California.

'01 WSSC moves to Miami, Florida, its new annual home.

'02 The first Spinning® Experience event takes place in the Netherlands.

'03 Spinning trains its 100,000th instructor.



2005

'04

The MDA Europe office opens in the Netherlands.

Johnny G retires from Spinning®.

'05

MDA begins producing videos and selling its line of Spinner® bikes to the home market.

The first Spinning infomercial is released featuring the Spinner Sport.

2010

'08

The first Spinning-sponsored charity event, Spinning Nation®, takes place at indoor cycling facilities throughout the United States.

John Baudhuin receives The Hilton Distinguished Entrepreneur Award for his work in creating the Spinning program.

'13

The SPINPower® program and the Spinner Blade ION™ are introduced with the launch of strain-gauge power meter technology.

2016

'15

Spinning introduces belt-drive system with Fusion Drive™ at IHRSA.

Spinning and Precor® sign an exclusive partnership to co-produce an entirely new line of commercial Spinner indoor cycling equipment.

'16

Spinning and Precor launch three new commercial bikes globally.

We're raising the bar for indoor cycling...

CEO PROFILE: JOHN BAUDHUIN

JOHN BAUDHUIN

JOB TITLE: **FOUNDER, CEO, INVENTOR, ADVENTURER**

CURRENT HOME: **Santa Monica, California**

Spinning® started with the friendship between John and Johnny G, who shared a profound passion for cycling and a desire to bring an authentic cycling experience indoors. Through their hard work and expertise, they created the global phenomenon known as Spinning. As a cyclist and adventure enthusiast, John is always seeking new roads to conquer or mountain peaks to climb. Spend a day at Mad Dogg Athletics® and you'll learn this about John—he's passionate about family, cycling and developing exciting new fitness products. Oh, and he loves dogs.







“What brings a Spinner® bike to life is the Spinning® program and the effort we put into teaching instructors how to lead great classes. We’ve developed an extensive array of programming and education that’s focused on helping riders get the most out of every ride.”

What is the history and inspiration behind creating the indoor cycling phenomenon of Spinning®?

When we were building the first Spinner® bikes in the garage back in the early 90s, so much of what drove us was our love of cycling and making a bike that provided the same fit, feel and training benefits of a real road bike. Because weather, dark mornings and keeping up with work, family and friends was sometimes at odds with our training schedules, we believed that there was a great opportunity to bring authenticity and convenience to cycling indoors.

Little did we know at the time that more and more people would begin to embrace Spinning not only as an amazing cycling program, but also as a fitness program for non-cyclists that simply wanted to get fit, have fun and be inspired by great instructors. As the Spinning program expanded in the fitness market, we realized that the key to Spinning was its simplicity and the ability for individuals of all shapes, sizes and abilities to train together with purpose and—most importantly—results. When we coined our tagline “a workout for the heart and soul”, it was with a belief that the body followed the mind and that everyone could “find the athlete within” with the right mix of inspiration and perspiration.



What followed was the Spinning® Instructor Certification program, which combined the science of cycling with the practical side of teaching instructors how to teach great classes. The heart of the Spinning program and the realization of everything that we stand for revolves around instructors that coach, inspire and get people fit one pedal stroke at a time.

How has Spinning evolved and grown over the years since its inception?

We've never looked at Spinning simply as a bike, education, programming or community, but rather how all of these elements come together to create an experience that is truly greater than the sum of its parts. Since the inception of Spinning, we've worked tirelessly to develop every aspect of the experience and to ensure that each element fits seamlessly into empowering people to achieve their health and fitness goals.

As technology has evolved over the past several years, we've developed new tools to create even greater accessibility to information that makes the Spinning experience even more results-driven and rewarding. Whether a rider's goal is to train for a race, get in better

shape or simply lose a few pounds, we have the bikes and programs that focus on the needs of everyone.

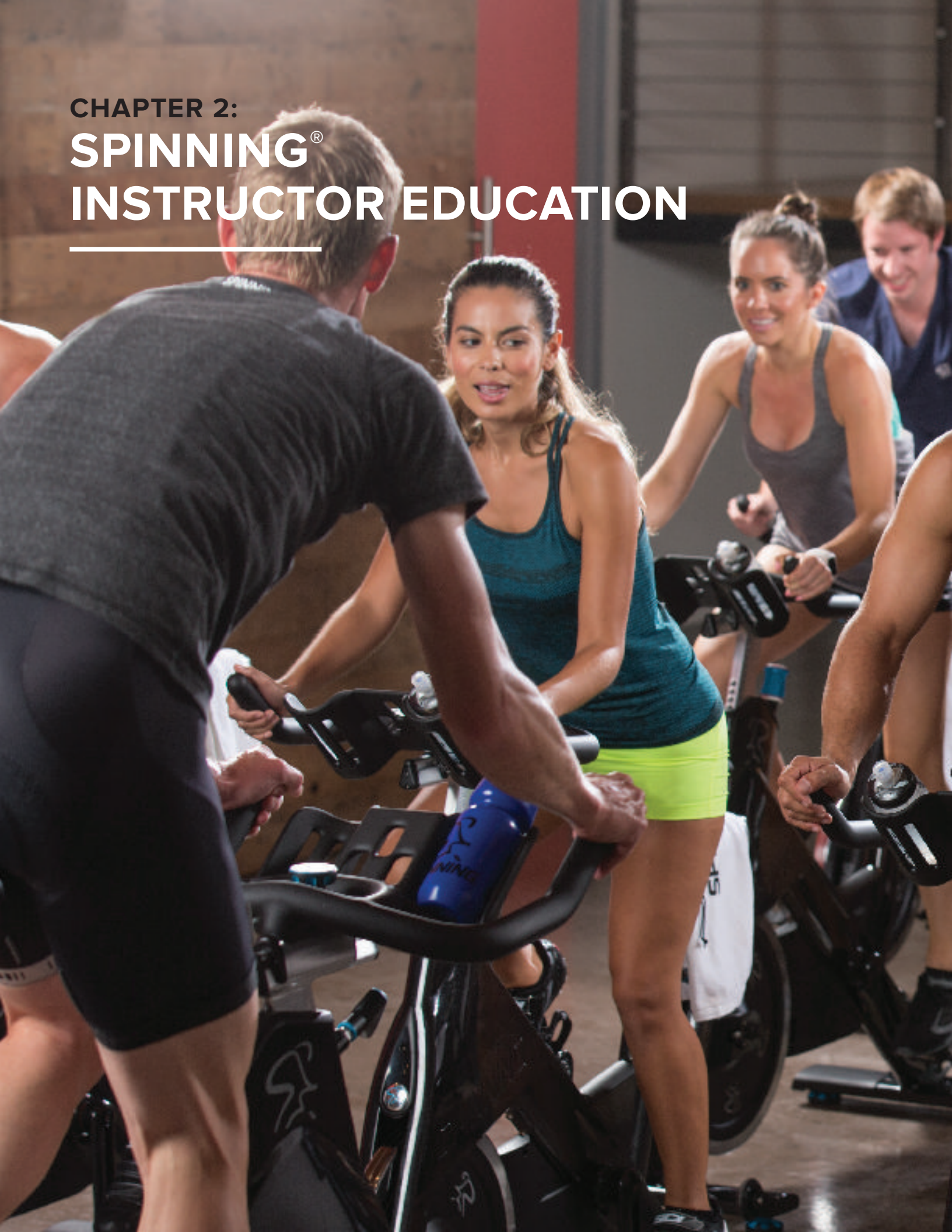
Why did you choose Precor® as Spinning's new global manufacturer and distribution partner?

Quality, precision, and the ability to build bikes to our demanding specifications are just some of the reasons we partnered with Precor. We've struggled over the past few years with a manufacturer that wasn't capable of delivering the quality, service and overall performance that is crucial to the Spinning experience. With Precor, not only are we building the highest quality bikes we've ever designed, but we're also ensuring that Spinning customers worldwide get the industry's best service.

Where is your favorite place to ride outdoors?

When I ride outdoors, my favorite place is Santa Ynez, a little place just above Santa Barbara, California. You can't beat the weather, the variety of terrain or the fact that you may not see a car over the course of a two-hour ride. Of course, there's always riding in Tuscany (near Mad Dogg Athletics® Italy) where great terrain and an amazing cycling culture always end with a stop at a local café for pastries and a double espresso.

CHAPTER 2:
SPINNING®
INSTRUCTOR EDUCATION





SPINNING® INSTRUCTOR CERTIFICATION

BECOME AN ACTIVE PART OF THE WORLD'S BEST INDOOR CYCLING PROGRAM

Certified Spinning® Instructors are the most highly-trained and best-supported fitness professionals in the world. They all share an incredible dedication to the principles and passion for which the Spinning program is so widely known and loved. Our drive to create great instructors starts with the Spinning Instructor Certification training, a comprehensive workshop led by a Spinning Master Instructor. You'll take home all the tools and techniques to fill your classes and create life-changing rides.

GET STARTED

SPINNING® INSTRUCTOR CERTIFICATION

9-Hour Training | 8.0 AFAA | .8 ACE | .8 NASM

Our comprehensive 1- or 2-day trainings, led by a Spinning Master Instructor, prepare everyone with the knowledge and skills to become a dynamic indoor cycling leader. Lessons include:

- Spinner® bike setup and safety
- Cycling biomechanics
- Creating motivating class ride profiles
- Coaching and teaching skills
- Spinning Energy Zones™ and heart rate training
- Visualization techniques to enhance the mind/body connection

During the live training, we also discuss the Spinning Instructor Certification pathway, including continuing education opportunities, ways to earn your continuing education credits, and what it takes to become a Spinning Master Instructor.

CERTIFICATION LEVELS

Spinning Instructor Certification is only the first step. You can also elevate yourself to a Level 2 and Level 3 Certified Spinning Instructor through special live and online trainings that will enhance your coaching skills and fitness expertise.

Turn your dedication for the Spinning program into increased compensation, career advancement and a boost in your reputation as a world-class instructor.

LEVEL I

- Foundations

LEVEL II

- Advanced Coaching

LEVEL III

- Advanced Programming



STAY CURRENT

We are committed to your growth as an instructor. After completing the online assessment and live training, Certified Spinning® Instructors earn 14 SPIN® continuing education credits (CECs) and can maintain that certification with our large, diverse selection of courses. These live workshops and online courses not only keep you certified and build your skills, but also provide CECs for leading fitness organizations including ACE, AFAA and NASM.

LIVE TWO-HOUR WORKSHOPS

3 SPIN® CECs | 2 AFAA | .2 ACE

3-PART CUES

Learn and practice how to connect and motivate riders during your Spinning classes with 3-part cues. Develop some of the most impactful phrases, corrective cues and technique tips to address everyone in your class.

THE 5-STEP SPRINT

An authentic cycling skill, sprinting challenges the body's ability to attain and recover from high levels of power output. Learn the step-by-step techniques for preparing, cueing and executing sprints safely and efficiently.

THE ART OF RECOVERY

Recovery is one of the most essential Energy Zones™ in the Spinning Program. Take an in-depth look at the amazing benefits of recovery and why it is so important in our training.

CREATIVE CLIMBS

Instructors challenge riders with new ways to climb. This workshop identifies, discusses and demonstrates several strategies for engaging, safe and fun climbs with techniques used in many class formats.

LOOPS AND LADDERS

Learn a variety of aerobic and anaerobic options to design rides for cadence building, resistance loading, transition practice and interval training.

MUSIC, MOVEMENT, MOTIVATION

Music is a powerful element of class that enhances the rider's experience and keeps them motivated. Learn how to connect music and rhythm with movement to elicit an emotional response, and take home great suggestions and playlists!

RATING OF PERCEIVED EXERTION: IT'S MORE THAN A FEELING

Combining a rider's rating of perceived exertion (RPE) with heart rate training helps strengthen the mind/body connection during exercise. Use and apply the RPE scale in classes, and learn how to complement heart rate training with RPE.

RESISTANCE LOADING AND CADENCE BUILDING

Loading and unloading resistance and cadence are great ways to spice up your classes while providing a challenging, engaging workout. Learn how to develop profiles that will keep your riders focused and excited by using different resistance loading and cadence building techniques.

STRENGTH, HILLS AND POWER

Deliver real fitness benefits to your riders by advancing your knowledge and skills with new techniques for hill climbs. Learn about the physiological basis for training on hills.

INTERVAL ENERGY ZONE™

A favorite of Spinning® instructors and riders, help your class experience true fitness gains, along with enhanced performance and metabolism with the Interval Energy Zone™.

STRENGTH ENERGY ZONE™

The Strength Energy Zone™ challenges lower body muscular endurance as well as the cardiovascular system. Help your riders climb with more power, strength and mental stamina with this workshop.

RACE DAY ENERGY ZONE™

Understand how to prepare riders for a safe, high-powered Race Day Energy Zone™ ride—the ultimate challenge in the Spinning program. A Race Day ride simulates a time trial, an all-out effort against the clock, so learn how to bring this important Energy Zone to your class.

LIVE FOUR-HOUR WORKSHOPS

6 SPIN® CECs | 4 AFAA | .4 ACE

SPINPOWER® PERSONAL SPINNING® THRESHOLD

Broaden your knowledge of the SPINPower® program by examining the various metabolic points during exercise to better understand threshold training, and learn how to use your Personal Spinning® Threshold to establish individualized SPINPower Zones™.

CADENCE, HEART RATE AND CLASS DESIGN

Understanding the relationship between cadence, resistance and intensity is key to coaching classes that meet your riders' training goals. See how to correctly use cadence and resistance as training variables and create the best fitness program for your students.

CREATING A JOURNEY RIDE

Set yourself apart by learning how to design and skillfully present theme rides that bring out your strengths as an instructor. Give your riders a memorable experience that will have them coming back for more!

CREATIVE COACHING

Learn innovative techniques to help riders improve their fitness. This workshop covers the fundamentals of creating effective Spinning classes by considering the 4 Ps of class design—populations, purpose, planning and progression.

AEROBIC BASE BUILDING

Learn the key components, importance and benefits of building an aerobic foundation. This workshop presents effective ways to implement aerobic and result-oriented rides.

HEART RATE TRAINING

This workshop provides an in-depth look at the five Spinning Energy Zones™, complementary terrains for each zone, effective heart rate training ranges and health-screening preparation.

SPINTENSITY™: PERIODIZATION

Learn and understand the benefits of using a heart rate monitor and identifying effective heart rate training ranges. Take an in-depth look at how to develop a periodized training plan using the various Spinning® Energy Zones™.

HIGH INTENSITY TRAINING

Help your riders overcome fitness plateaus and enhance their overall fitness. Understand how, why and when to use high intensity training for the best fitness results.

PROFILE DESIGNS AND HEART RATE GAMES

Improve fitness by focusing on how the body responds to both rest and stress. Take your training knowledge to the next level to achieve improved physiological adaptations for both you and your riders.



CONTRAINDICATIONS TO THE SPINNING® PROGRAM

Coach your riders through movements that will empower them to safely reach their goals. This workshop provides a greater understanding of biomechanical, physiological and philosophical reasons of why we don't perform certain moves in Spinning® classes. This workshop also introduces acceptable modifications that achieve the same goals and alternative ways to be creative with your teaching.

SPINNING® LANGUAGE AND VISUALIZATION

Learn to communicate and coach effectively with descriptive images and metaphors that promote greater energy, confidence, focus and ability. Tap into senses with vivid imagery and evoke an emotional response to jump-start your riders' thinking and motivation.

MENTAL TRAINING: APPROACH AND SKILLS

As we develop our physical fitness, we also need to sharpen our mental edge for maximum performance. Learn the tools, techniques and skills you need to discover the mind/body connection and develop complete focus.

SPIN® FLEX: RESISTANCE TRAINING FOR SPINNING®

Resistance training is both a necessary component of any fitness program and a great complement to the Spinning program. SPIN® Flex is a combined format that uses flex bands, tubing and dumbbells to train the major muscles groups, paying special attention to the upper body. Learn muscular anatomy and physiology and come away with sample SPIN Flex class formats that you can teach right away.

SPINNING® AND CORE TRAINING

Core training develops the body's foundation, which translates to more cycling power, improved balance and enhanced functional movement. This workshop explains the anatomy and biomechanics behind core training and provides dozens of basic standing, mat and stability ball exercises.

SPIN® YOGA

Learn cycling-specific asanas (yoga poses) that help elongate muscles, release tension, deepen the breath and improve posture. Plus, take home yoga class formats that can be integrated into your Spinning class schedule.

ONLINE LEARNING

Earn up to 14 SPIN® CECs | 1 ACE CEC

In addition to our dynamic live workshops, the Spinning® program also offers exceptional online education for instructors. Like our live workshops, all of our online courses are developed to enhance your teaching skills with specialized courses in areas like heart rate training, class design, periodization, performance, weight loss, coaching and more. This mobile, self-paced learning also offers the quickest way to earn your CECs and keep your certification current. Stay in the know anywhere and anytime with the following online courses:

SPINNING® INSTRUCTOR ESSENTIALS

Earn all of the CECs you need to keep your Spinning instructor certification current. Featuring interactive elements and videos, this course updates you on the latest developments in the Spinning program.

ACTIVE OLDER ADULTS

As an instructor of an exercise program that welcomes and encourages participants of all ages, you need to be aware of the special considerations for active older adults, one of the largest core groups of riders. Learn how to communicate with this group, taking into account all of your students' physiological and psychological needs.

AEROBIC EXERCISE

This course stresses the importance of emphasizing aerobic exercise, one of the most essential components of a well-rounded fitness routine. Educate your riders on heart rate training in the aerobic energy system and how it ensures long-term fitness progress and optimum health.

BREATHING TECHNIQUES

Learn how to channel one of the most important functions of your body into creating more efficiency in a workout. Use the concepts in this class to teach your clients proper breathing techniques to enhance performance and reduce exercise stress.

CADENCE, HEART RATE AND CLASS DESIGN

Bring some flair to your classes with creative cadence drills. See how to maximize the efficiency of cadence by incorporating cadence drills and heart rate games to engage students as they train like professional cyclists.

FITNESS ASSESSMENTS FOR SPINNING®

While clients may have lofty goals in weight loss, it is important to keep the technical and realistic options in mind. With this course, learn how to administer an accurate fitness assessment both safely and successfully by examining how to assess body composition, cardiorespiratory endurance and flexibility.

MENTAL TRAINING

We've all heard about the mind/body connection; now it's time to put it into practice! This course teaches ways to reach peak performance, how to use a single-minded focus and what parasympathetic stimulation can do for an exercise regimen and performance day.

PERIODIZATION FOR PEAK PERFORMANCE

Attract more participants to Spinning class by integrating the concept of periodization, the process of dividing a set period of time into different forms of training. This course explains how to correctly partition a year into a periodized training schedule, and take home year-long periodization schedules for both new and experienced riders.



PRINCIPLES FOR EFFECTIVE WEIGHT LOSS

The Spinning® program is a great component to any well-rounded weight loss plan. This course examines all of the factors that contribute to weight loss, including nutrition, healthy habits, common misconceptions, heart rate training, exercise schedules and ways to measure success.

SPINNING® ENERGY ZONES™

Each Spinning Energy Zone™ covers a different aspect of training. This course covers them all, giving you a well-rounded knowledge of different types of classes.

SPINNING® INSTRUCTOR NEWSLETTER QUIZZES

Earn one SPIN® CEC with every issue of *Spinning Instructor News*. Simply read the feature article by a Spinning Master Instructor and successfully complete the online quiz. Instructors can also access archived newsletters at www.spinning.com/community.

As a Certified Spinning® Instructor, you are at the top of your class. You're communicating to the fitness industry that you're currently teaching the most effective indoor cycling classes.



SPIN® Membership will support you every step of the way with our strong network of professionals and resources.

SPIN® MEMBERSHIP

As an instructor, success is the result of a strong commitment to training, continuing education and the ability to stay up to speed with the latest advances in health and fitness. The Spinning® Program Instructor Network (SPIN®) membership program was designed specifically to enhance your knowledge and value as a fitness instructor and to save you money on everything you need to lead great classes.

With SPIN membership, you get a host of discounts, including a free online course, 15–20% off Spinning.com, special pricing on WSSC registration, free class profiles and specials every month. You also get free education refreshers, access to Spinning Instructor News and an online instructor profile. Become a part of the largest indoor cycling network on the planet by joining SPIN membership today.

PROFILE:
ANGIE STURTEVANT

Master Instructor and Senior Advisor for the Spinning®/SPINPower® Programs
Current Home: Madison, Wisconsin



How have you seen the SPINPower® program change people's lives?

The SPINPower program makes people accountable for their own health. Riders using the SPINPower program are having greater success in achieving weight loss and fitness goals, as well as maintaining healthy behavior. The power meter technology provides an instantaneous and honest measurement of what they are putting into the flywheel, their true caloric expenditure, and their true exercise effort.

What do you love about the Spinning® program?

I love riding bikes and being around caring, positive, goal-driven people who value smart training practices—the Spinning program combines all of that.

How does our power program differ from others?

The SPINPower program is taught by an advanced team of Power Specialist Master Instructors, who meet higher education and experience requirements,

specific to power-based knowledge and coaching. The SPINPower program is the only indoor cycling fitness training program with roots in cycling, rating of perceived exertion, heart rate training, power-based training and sport psychology. In addition, the SPINPower program is not only accredited by the gold standard fitness certification organizations, but is also approved by USA Cycling and Triathlon.

The number one thing on my bucket list is to
Storm-chase tornadoes!

The mantra I live by is
“Be honest and kind!”

Everything is always better with
My children, and that includes my dog!

If I could live one place, it would be at
A cabin in the woods with a lake-front view.

CHAPTER 3:

COMMERCIAL BIKES, PEDALS & MAINTENANCE





WINNING

SPINNING

iPRETTO

iPRETTO



PARTNERSHIP

Mad Dogg Athletics, Inc., creators of the Spinning® indoor cycling program and Spinner® line of indoor cycling bikes, and Precor®, a leading provider of personalized fitness solutions, have entered into a long-term relationship that makes Precor the manufacturer and distributor of a new line of commercial Spinner bikes. The partnership also includes the development of new commercial Spinner bikes along with collaborations on new products, marketing solutions and education programs in the future.

This new range of indoor bikes incorporates the strengths of both brands to bring customers the excitement of the Spinning experience. The line stays true to the original Spinner bike with the authentic feel of a road bike. The bikes feature the most advanced materials and engineering to deliver strong, expertly-crafted bikes that will operate smoothly and reliably year after year, ride after ride.

As a proud member of Amer Sports, Precor delivers the best fitness equipment and solutions with a network of dedicated distributors all around the world. They will collaborate with Spinning's network of distributors and education representatives to better serve its extensive global community at annual events like World Spinning® and Sports Conditioning Conference and the Spinning® Experience. Together, the global reach of Mad Dogg Athletics® and Precor will extend the incredible benefits of Spinning even further.

For the last 25 years, Spinning has established itself as the first and best name in the indoor cycling category. In that same time, Precor has earned a reputation for top-quality products and consistently excellent customer service. The continued success and commitment to excellence of both organizations make this the perfect partnership, and we cannot wait to see what our bright future holds.



PARTNER PROFILE:
PRECOR®





PRECOR®

CURRENT HOME: **Woodinville, WA**

Precor is a proud member of Amer Sports Corporation, one of the leading sporting goods companies in the world. Through continuous research and development, Amer Sports seeks to develop new and better sporting goods that appeal to both consumers and trade customers. Its portfolio of internationally recognized brands includes Salomon®, Wilson®, Suunto, ATOMIC, Arc'teryx and Mavic®.

PRECOR®





PRECOR®

For Precor®, the workout is never over. Looking back at how far the fitness industry has come in the past 30 years, Precor became a proud and committed participant of this powerful industry in 1980.

Precor started by launching the first ergonomically sound rowing machine and has been moving with the natural motion of the human body ever since. Every treadmill, elliptical, AMT, bike and strength product Precor has brought to the industry has always put fitness first.

It is that history in innovation, engineering, reliability, and providing the best customer service in the industry that makes Precor the perfect match for Spinning®. With the hallmarks of revolutionary and innovative design, alignment with human movement, and culture of supporting operators, Precor cardio and strength equipment provides a truly personalized experience for operators and exercisers alike.



Wilson

ATOMIC



MAVIC

SUUNTO

PRECOR



PROFILE:
ROB BARKER

President, Precor®
Current Home: Woodinville, Washington



Why are you excited about the Spinning® and Precor® partnership?

We are thrilled to partner with Spinning because they have been the leader in indoor cycling ever since creating the category 25 years ago. We're taking the strong reputation, educational experience and vibrant Spinning culture, and pairing it with the engineering technology, robust product experience and customer service that Precor is known for. Together, we're producing a whole new line of commercial Spinner® bikes that are sure to impress fitness operators and indoor cycling riders across the globe. The indoor cycling category continues to grow. Precor is excited to not only enter the category, but enter immediately as the market leader with Spinning.

What does Precor bring to the Spinning® partnership?

Precor brings 35 years of quality and customer service in all categories of fitness equipment. With a team of service technicians that is ranked #1 by IHRSA, and as the manufacturers of the all new line of Spinner® bikes,

we will offer fitness operators the same confidence in Precor indoor cycling that they have in Precor cardiovascular and strength equipment. Riders will find the personal design touches in the new line of Spinner bikes that make their ride extraordinary. We also bring a global distribution network that will extend the Spinning experience into more markets than ever before.

What does the future hold for both Precor and Spinning®?

This is a long-term partnership. We intend to lead from the front with continued innovation in the indoor cycling category. New approaches to bikes, constantly evolving education and adaptation of the Precor experience in console and networking will all play a role in the future of Spinning. Over 250,000 people have earned their Spinning Instructor Certification. Millions more are counted among the enthusiasts who will take no other indoor cycling class. We are excited to build that community further by keeping Spinning fresh while staying true to its heritage.





COMMERCIAL SERIES

Built for the facility and studio environment, Spinner® bikes are designed to withstand the rigors of class after class, year after year. The original, most popular and best line of indoor cycling bikes on the planet, the Commercial Series is for facilities who want to bring the Spinning® experience to their members. Witness the evolution of the Spinner bike for yourself.

1

Materials:

All frame materials are pre- and powder-coated for lasting protection from sweat and moisture to deliver a great ride—class after class.

2

Drivetrain and Flywheel:

The authentic feel of the road is established via a perimeter-weighted flywheel (43 lb/19.5 kg). The inertia of our flywheel system smooths out the pedal stroke to eliminate any “dead spots” at the top and bottom of the stroke, enabling riders improve their pedaling technique and efficiency.

3

Pedals and Crank Arms:

All commercial Spinner® bikes use oversized, steel and contoured crank arms that accommodate the push and power of even the strongest rider. Our dual-sided, SPD®-compatible pedals feature threadless Morse taper connections, making them the strongest and most durable crank and pedal system on the market.

4

Saddle and Handlebar Adjustments:

Spinner® bikes offer the most adjustability and best ergonomics of any indoor cycling bike in the industry. On most models, the saddle and handlebars can easily be adjusted both up and down and fore/aft to fit every rider regardless of their size.

5

Access Panel:

An oversized one-bolt panel provides improved access to the drivetrain for easy maintenance.

6

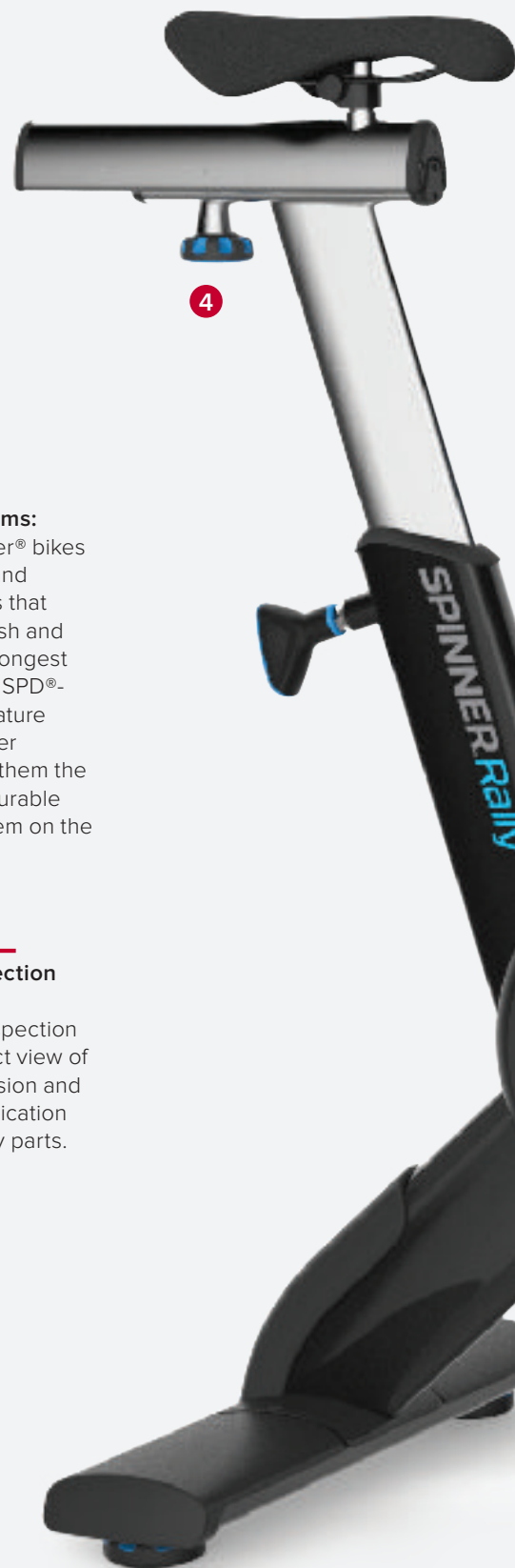
Chain Tension Inspection Window:

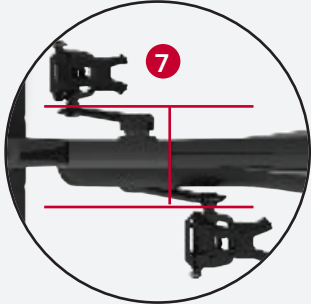
The chain tension inspection window offers a direct view of the current chain tension and allows for simple lubrication without removing any parts.

7

Q Factor:

The measured space between the pedals, Q factor is an important element for comfort and performance on the bike. Spinner® bikes feature a precise Q factor that is modeled after road bikes to deliver better comfort and biomechanics through the hips, knees and ankles.





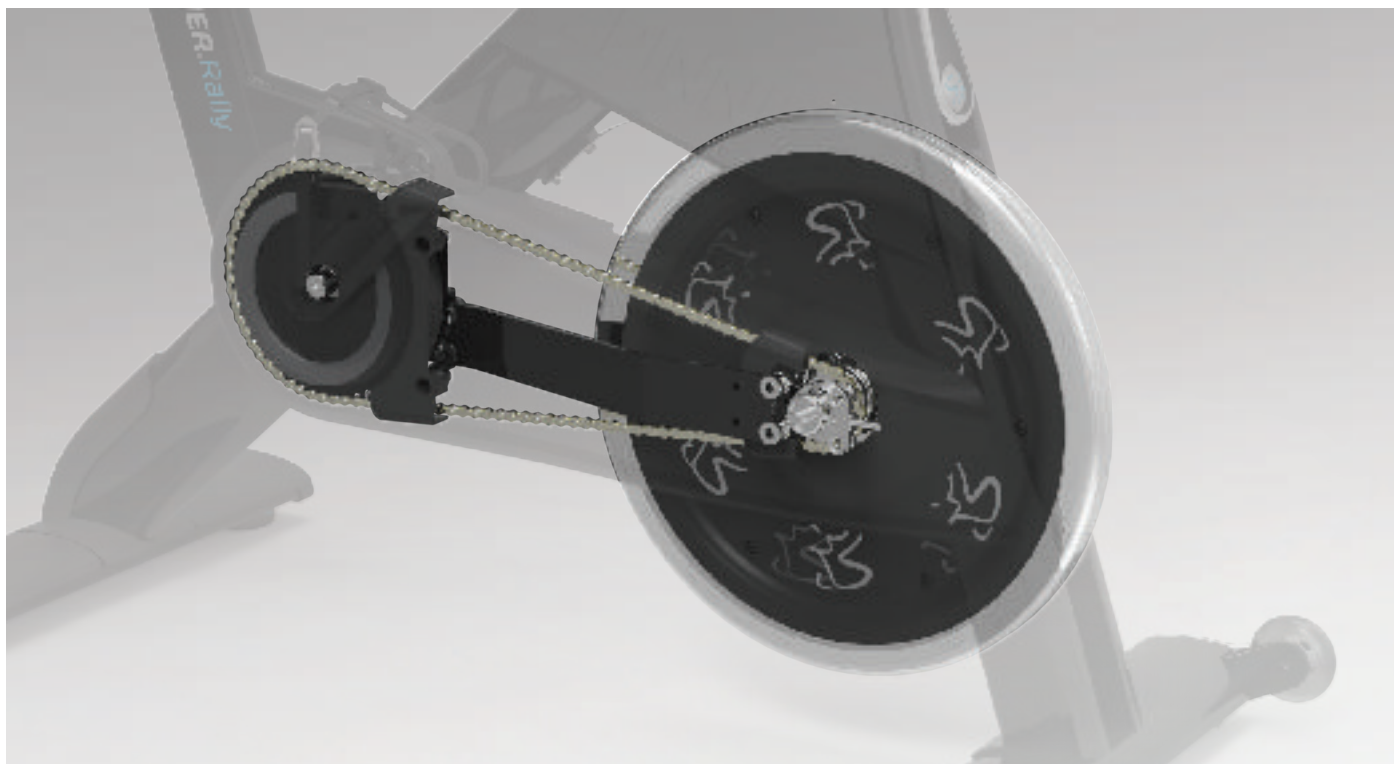
Overhead view of Q factor

At Spinning®, we are dedicated to engineering detail and design excellence.



Backside of chain guard

DRIVE SYSTEMS



With 25 years of cycling heritage and design innovation, experience the original and best chain-drive system in the world.

CHAIN DRIVE SYSTEM

Nothing compares to the authentic and connected feel of the road like our original chain-drive system. Adopted from real road bikes, our chain-driven bikes provide a pure feeling that gives riders instant feedback for their effort and intensity. Together with the perimeter-weighted flywheel, the chain drive is proven to be the optimal training tool for riders. Experience the original and best chain-driven bike on the market today.



Smooth, quiet and reliable, our belt-drive design with Fusion Drive™ delivers an exceptional ride every time.

FUSION DRIVE™ BELT SYSTEM

Keeping the best features of our chain-drive system, our advanced belt-drive system with Fusion Drive™ creates a smooth, quiet and virtually maintenance-free ride. Fusion Drive integrates our exclusive perimeter-weighted flywheel with an ultra-durable Poly-V Isoprene belt that meets our high standard for an authentic ride. It also includes a unique self-tensioning system that engages the belt for a tighter fit with less slip and no vibration. Unlike other belt drives on the market, our Fusion Drive system transfers more direct cranking energy for a seamless and reliable ride.

Spinner® Rally

Commercial Series



Solid aluminum frame and stamped gusset protect from sweat and corrosion.

OVERALL DIMENSIONS: 20.4" W x 58" L x 49.5" H (52 x 147.3 x 125.7 cm)
OVERALL WEIGHT: 126 lb (57.1 kg)
FLYWHEEL WEIGHT: 43 lb (19.5 kg)
WEIGHT LIMIT: 350 lb (158.7 kg)
FLYWHEEL COLOR: Black
FRAME: Aluminum
COLOR: High Gloss Metallic black

FEATURES

- Proprietary aluminum tube frame contoured for strength and sweat resistance
- Perimeter-weighted flywheel for smooth pedal strokes
- Design components engineered exclusively for Spinner® bikes
- Industry-leading Q factor for improved ergonomics and more comfortable fit
- Horizontal and vertical rider adjustments with precision aluminum construction:
 - Fore/aft saddle slider (micro adjust)
 - Fore/aft handlebar slider (micro adjust)
 - Seatpost and handlebar precision-fit vertical adjustment
- Integrated phone tray with dual water bottle holders
- Powder-coated aluminum bike stabilizers
- Edge-mounted transport wheels for greater portability
- Integrated full coverage scuff protection on rear stabilizers
- Durable leather brake pad
- Oversized, one-bolt access panel with large compartment to the drivetrain for easy maintenance
- Chain tension inspection window providing direct view of the current chain tension and allowing for simple lubrication (chain model only)
- Increased clearance under bike for easy floor-area cleaning
- High-quality ground welds in high sweat areas for protection against moisture
- Corrosion resistant bike leveler feet made of structural resin with rubber over-molding to provide improved floor grip and stability
- Accommodates riders 4' 9" (145 cm) to 6' 9" (206 cm), height may vary depending upon the rider's inseam length with a weight limit of 350 lb (158.7 kg)

DRIVE OPTIONS



Chain Drive



Fusion Drive™ Belt

Spinner® Shift

Commercial Series

COMMERCIAL
SERIES



FEATURES

- Proprietary steel tube frame contoured for strength and sweat resistance
- Perimeter-weighted flywheel for smooth pedal strokes
- Design components engineered exclusively for Spinner® bikes
- Industry-leading Q factor for improved ergonomics and more comfortable fit
- Horizontal and vertical rider adjustments with precision aluminum construction:
 - Fore/aft saddle slider (micro adjust)
 - Fore/aft handlebar slider (micro adjust)
 - Seatpost and handlebar precision-fit vertical adjustment
- Integrated phone tray with dual water bottle holders
- Powder-coated aluminum bike stabilizers
- Edge-mounted transport wheels for greater portability
- Integrated full coverage scuff protection on rear stabilizers
- Durable leather brake pad
- Oversized, one-bolt access panel with large compartment to the drivetrain for easy maintenance
- Chain tension inspection window providing direct view of the current chain tension and allowing for simple lubrication (chain model only)
- Increased clearance under bike for easy floor-area cleaning
- High-quality ground welds in high sweat areas for protection against moisture
- Corrosion resistant bike leveler feet made of structural resin with rubber over-molding to provide improved floor grip and stability
- Accommodates riders 4' 9" (145 cm) to 6' 9" (206 cm), height may vary depending upon the rider's inseam length with a weight limit of 350 lb (158.7 kg)

OVERALL DIMENSIONS:
20.4" W x 58" L x 50" H (51.9 x 147.3 x 127 cm)

OVERALL WEIGHT: **140 lb (63.5 kg)**

FLYWHEEL WEIGHT: **43 lb (19.5 kg)**

WEIGHT LIMIT: **350 lb (158.7 kg)**

FLYWHEEL COLOR: **Black**

FRAME: **Alloy Steel**

COLOR: **Charcoal**

DRIVE OPTIONS



Chain Drive



Fusion Drive™ Belt

Spinner® Ride

Commercial Series



FEATURES

- Proprietary steel tube frame contoured for strength and sweat resistance
- Perimeter-weighted flywheel for smooth pedal strokes
- Design components engineered exclusively for Spinner® bikes
- Industry-leading Q factor for improved ergonomics and more comfortable fit
- Horizontal and vertical rider adjustments with precision aluminum construction:
 - Fore/aft saddle slider (micro adjust)
 - Seatpost and handlebar precision-fit vertical adjustment
- Integrated phone tray with dual water bottle holders
- Powder-coated steel bike stabilizers
- Edge-mounted transport wheels for greater portability
- Integrated full coverage scuff protection on rear stabilizers
- Durable leather brake pad
- Oversized, one-bolt access panel with large compartment to the drivetrain for easy maintenance
- Chain tension inspection window providing direct view of the current chain tension and allowing for simple lubrication (chain model only)
- Increased clearance under bike for easy floor-area cleaning
- High-quality ground welds in high sweat areas for protection against moisture
- Corrosion resistant bike leveler feet made of structural resin with rubber over-molding to provide improved floor grip and stability
- Accommodates riders 4' 9" (145 cm) to 6' 9" (206 cm), height may vary depending upon the rider's inseam length with a weight limit of 350 lb (158.7 kg)

OVERALL DIMENSIONS:

20.3" W x 58" L x 48" H (51.6 x 147.3 x 121.9 cm)

OVERALL WEIGHT: 124 lb (56.4 kg)

FLYWHEEL WEIGHT: 43 lb (19.5 kg)

WEIGHT LIMIT: 350 lb (158.7 kg)

FLYWHEEL COLOR: Black

FRAME: Alloy Steel

COLOR: Metallic White

DRIVE OPTIONS



Chain Drive



Fusion Drive™ Belt

AT A GLANCE

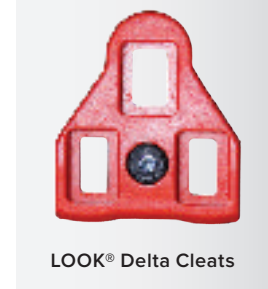
COMMERCIAL SERIES

INCLUDES

- Heavy-duty materials and construction designed for studio, club or high-volume use
- Threadless tapered pedal and crank connections for increased durability
- All models available in chain drive or belt drive with Fusion Drive™ system
- Dual-sided SPD®-compatible pedals. Trio® and Trio QR® pedal options available for multiple connection options

	Rally	Shift	Ride
Proprietary aluminum tube frame contoured for strength and sweat resistance	•		
High-grade commercial steel frame		•	•
Perimeter-weighted flywheel for smooth pedal strokes	•	•	•
Design components engineered exclusively for Spinner® bikes	•	•	•
Industry-leading Q factor for improved ergonomics and more comfortable fit	•	•	•
Horizontal and vertical rider adjustments with precision aluminum construction:	•	•	•
Fore/aft saddle slider (micro adjust)	•	•	•
Fore/aft handlebar slider (micro adjust)	•	•	
Seatpost and handlebar precision-fit vertical adjustment	•	•	•
Integrated phone tray with dual water bottle holders	•	•	•
Powder-coated aluminum bike stabilizers	•	•	
Edge-mounted transport wheels for greater portability	•	•	•
Integrated full coverage scuff protection on rear stabilizers	•	•	•
Durable leather brake pad	•	•	•
Oversized, one-bolt access panel with large compartment to the drivetrain for easy maintenance	•	•	•
Chain tension inspection window providing direct view of the current chain tension and allowing for simple lubrication	•	•	•
Increased clearance under bike for easy floor-area cleaning	•	•	•
High-quality ground welds in high sweat areas for protection against moisture	•	•	•
350 lb (158.7 kg) weight limit	•	•	•
Corrosion resistant bike leveler feet made of structural resin with rubber over-molding to provide improved floor grip and stability	•	•	•

PEDALS



TRIO® AND TRIO QR® PEDALS

With a unique, patented design and enhanced functionality, the new TRIO® and TRIO QR® pedals set the standard for indoor cycling pedals. Both pedals deliver three distinct ways to connect to any indoor cycling bike:

1. Snap-in pedal platform with toe cages for athletic shoes
2. SPD®-compatible cleats for mountain biking (MTB) shoes
3. LOOK® Delta-compatible cleats for road cycling shoes

TRIO®

The TRIO pedal maximizes accessibility with three great options for clipping into your bike. The TRIO easily adapts to riders wearing cycling shoes with both SPD®-compatible and LOOK® Delta-compatible cleats, and includes a snap-in pedal platform with a toe cage to accommodate riders with athletic shoes. TRIO pedals also feature an oversized pedal spindle with commercial sealed bearings for a longer life on your Spinner® bike.

TRIO QR®

The TRIO QR pedal offers the ease of use of a patented quick release lever, allowing for the simple removal of the toe cage platform. Like the TRIO, the TRIO QR also adapts to SPD-compatible and LOOK Delta-compatible cleats, as well as comes with a snap-in platform and toe cage for shoes without cleats. The TRIO QR is also available in both standard threaded and threadless (Morse taper) models to fit any Spinner bike.

SPD® COMPATIBLE

SPD®-compatible cleats are designed to be small, simple and easy to clip into compatible pedals. All Spinner bikes have adopted this cleat design for their pedals.

LOOK® DELTA COMPATIBLE

The standard for road cycling cleats for almost 30 years, LOOK® Delta-compatible cleats feature a 3-hole arrangement that is adjustable for ultimate stability. Spinner bikes equipped with TRIO® pedals will support the use of Delta-style cleats.

MAINTENANCE AND WARRANTY



CUSTOMER SERVICE

We maintain an in-house customer service staff, committed to providing the best customer service in the industry. We stock a complete inventory of bike parts, clothing, music, DVDs and accessories and are dedicated to servicing customers and distributors on a timely basis. If you would like to become a full-service dealer or are interested in our program, please contact us at:

info@spinning.com

precor.com/spinning

Although Spinner® bikes are built to be as maintenance-free as possible, cleaning and regularly scheduled maintenance will greatly extend the life of your bike.

Certified technicians from Precor® are experts in servicing to keep your equipment running efficiently and effectively, and they have the industry's best customer satisfaction rate.

Keep your bike riding for years and years, and learn more about our warranty, extended warranty and Spintech® maintenance line.

CHAPTER 4:

SPINNING® STUDIOS AND FACILITIES

SPINNER
Rally







Bring the world's most popular indoor cycling program to your members today.

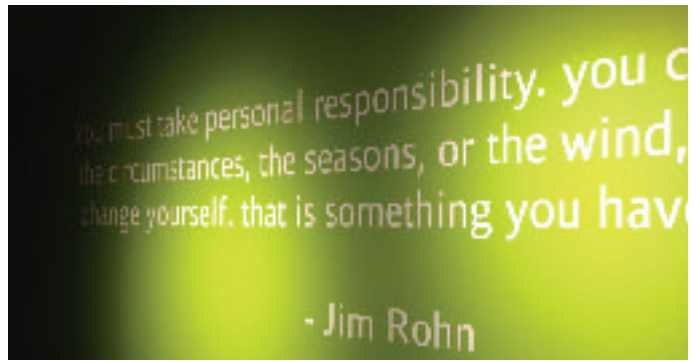
GET EMPOWERED BY THE SPINNING® BRAND

Official Spinning® Facilities are where Spinning comes to life. From quick post-work training sessions to epic charity rides, facilities provide the environment and atmosphere in which we deliver Spinning every day around the globe. Bring the world's most popular indoor cycling program to your members and enjoy a wealth of incredible benefits.

Our purpose is to empower facilities by providing:

- The indoor cycling brand that people recognize and seek out
- The world's best bikes and accessories
- The world's best instructors
- The world's best programming
- The guidance, resources and support you need to make your business even more successful

Whether you're a high-profile fitness chain or a small boutique studio with a limited budget, the Spinning program is ready to bring the best indoor cycling experience to you and your members.



LEFT TO RIGHT:
1. Mad Dogg Athletics®
 World Training Center
 Venice, California
2. GoGo Hermia
 Tampere, Finland
3. Charleston RIDE™
 Charleston, South Carolina

MAKE YOUR BUSINESS A SUCCESS

Whatever your size or budget, our commitment to you is the same—delivering an abundance of resources, including instructor training, state-of-the-art bikes, exemplary customer service and unmatched marketing support. We’re here to help all of our Official Spinning® Facilities create the best indoor cycling experience on the planet. We provide the tools you need to attract and retain members, decrease maintenance costs and increase revenue while keeping your facility fresh and your members engaged.

BECOME AN OFFICIAL SPINNING® FACILITY

Now is the perfect time to let the Spinning program steer your facility—and your members—toward success. Becoming an Official Spinning Facility is simple and only takes three easy steps:

1. Purchase Spinner® bikes.
2. Schedule a Spinning Instructor Certification with a local Spinning Master Instructor to get your staff certified as Spinning instructors.
3. Register your facility as an Official Spinning Facility by completing a licensing agreement.

Once these three steps are complete, you’ll have the tools and recognition to promote the best indoor cycling program in the world at your facility.

TOP-NOTCH INSTRUCTORS

With our comprehensive, world-class education offerings that include workshops, online courses and conferences, we train extraordinary instructors who pack classes and transform casual participants into dedicated regulars.

BEST-IN-CLASS EQUIPMENT

Designed and engineered to mirror the feel and geometry of real road bikes, our patented line of Spinner bikes manufactured by Precor® not only adjust comfortably to fit all shapes, sizes and abilities, but they are built to withstand the years of pummeling and sweat that your members will put into them.



SPINNING®
FACILITIES

CycleLAB Studio
Anaheim Hills, California

CREATE THE PERFECT SPINNING® STUDIO

For over two decades, we have helped Spinning® facilities generate more revenue because we know that a well-designed room and a stellar environment bring more clients and members through your doors.

Every Spinning studio around the world is unique with something special to bring to every rider. Over the years, we have developed some universal principles that can turn any facility into the perfect Spinning studio.

STUDIO DESIGN AND LAYOUT

Your needs are important to us. Whatever the size and style of the room, we support every Official Spinning Facility with design principles we've developed with our 25 years' experience. We will evaluate your studio space to determine the optimum number of bikes, suggest the arrangement and aesthetics of the room, and assess the acoustics and temperature of the space to create the perfect cycling environment for your members. These principles will give your riders the best experience possible and keep them coming back for more.



FLEXIBILITY

Becoming an Official Spinning® Facility means much more than just having Spinner® bikes. It also means hosting all kinds of events, including fundraisers, themed classes, performance rides and live workshops. Our facility support staff will ensure that your studio is flexible enough to host all of these exciting events.

AUDIO & VIDEO

Audio and video are some of the biggest factors in the success of a class. As the industry leader, we know the exact makes and models of microphones, speakers and audio set-ups that can stand up to the rigors of multiple classes a day. Providing flexible, high-quality video projection in your facility gives your instructors and riders the opportunity to create a variety of great Spinning experiences, both in classes and as a room for members to use outside of class time.

COMMUNITY BUILDING

The right kind of space can encourage interaction and comradery, giving members and instructors an opportunity to connect with each other. Members benefit from having access to the world's best indoor cycling experience, and you benefit from an engaged and loyal community.

CUSTOMIZED STUDIO DESIGN CONSULTING

For those that need more help in designing the very best studio for their needs, we also offer custom consulting for creating your ultimate Spinning facility. Our team of experts will advise you on build-out options, sizing and orientation, temperature control and other key aspects of studio design.

PROFILE:
LUCIANA MARCIAL-VINCION

Master Instructor, Senior Advisor, Master Instructor Team Manager and Co-Owner of Charleston RIDE™
Current Home: Charleston, South Carolina



How has the Spinning® program influenced your life?

In essence, it has been a vehicle for me to live my life with an authentic spirit. Spinning embodies the emotional and physical landscapes of life through the simple act of riding a bike. It has not only allowed me to grow exponentially in those landscapes, but it has also enabled me to help others. When a pathway is presented to you in life that facilitates helping others, there is no greater gift. I feel incredibly blessed and forever grateful.

What do you love about being the Spinning Master Instructor Team Manager?

I love that I'm surrounded by like-minded people who believe what I believe, and from whom I constantly learn. They are my mentors and my motivators, and I'm grateful every day for knowing them! It is truly a gift to be able to work daily with experts from all corners of the globe, each so distinguished and passionate about what they do.

A song that never gets old is

"Ten Feet Tall" by Afrojack. I can't get enough of that song! Turn it up!

When I'm not teaching, you can find me

At my CrossFit box or practicing yoga.

The number one thing on my bucket list is

To meet Jon Bon Jovi. Yes, I said it!

The mantra I live by is

"Work for a cause, not applause. Live life to express, not to impress."

My favorite thing about being a Master Instructor

Is when a student tells me their story of how Spinning changed his/her life. Pure joy!



Riders not only get Spinning®—the best indoor cycling program and bikes in the world—they are also taught by the highest-caliber instructors.

Charleston RIDE™ offers the ultimate Spinning experience. Founded by Luciana Marcial-Vincion, their purpose is to offer the Spinning program in an environment that reflects the dedication to better the lives of every rider, one RIDE™ at a time. Whether you are a new rider, a veteran, an experienced triathlete or just looking for a great way to workout and train, Spinning is for you. At Charleston RIDE, they take a blend of science, spirit, strength and stamina, then mix it all up with killer music, the best bikes in the world, and a mind-blowing AV system. Top it off with a massive dose of passion, laughter, community and belief in the human spirit, and therein lies the formula for life-transformation.

At Charleston RIDE, they believe that only good things will come when you train the body, inspire the heart and energize the mind—this is the balance for a life of goodness and health.



How We RIDE™

The Spinning program is a mixture of science and spirit. It is rooted in the physiology of cycling and performance while honoring the commitment to a deep mind/body connection. Like two wings of a bird, the physical and mental aspects of training must work together in order to take flight. When both are in balance, you can soar beyond your wildest dreams. This is the formula for success in health and life no matter who you are. It's a simple philosophy that we live by and love, and we think you will, too. And we have a whole heck of lot of FUN. Life is too short not to be laughing, smiling and having a great time while growing our minds and bodies with friends. There's nothing like Spinning to give you the ride of your life.

www.charlestonride.com



RECEIVE ALL OUR BENEFITS AND SUPPORT

You take pride in your facility and work hard to make your business succeed. We've worked with thousands of facility owners and operators and know what's most important to you and your success. We do our part to ensure that your Spinning® program helps with member retention and lowers the cost of ownership and maintenance so that you can maximize profitability. We give you everything you need to get started and run a profitable program, from marketing materials to revenue-generating ideas.

Here are just a few of the benefits of being an Official Spinning Facility:

SPINNING® BRAND NAME AND LOGO

The first and best name in indoor cycling, only Official Spinning Facilities have the ability to use the widely-recognized and highly-regarded Spinning name and logo.

MARKETING SUPPORT

From referral programs and event support to promotional materials and online resources, we offer a wide range of marketing materials to help you create a buzz around the Spinning program at your facility.

HOST INSTRUCTOR TRAININGS / WORKSHOPS

The Spinning Instructor Certification training is the first step in the Spinning education program. Every Spinning Instructor Certification produces a brand new crop of fun, engaged and informed instructors to lead the next class. To keep your instructors sharp, motivated and on top of the latest exercise science, we also offer the industry's largest selection of continuing education workshops.

WEBSITE

The Spinning website is the epicenter of our global community. From the home page, users can easily find the closest facility, classes, workshops and instructors, as well as shop for all Spinning gear and apparel. We also engage our community with the latest content, videos and social media feeds so riders all over the world can connect.



THE FACILITY FINDER

With the Facility Finder, you can create a personalized online profile that makes it easy to find your Official Spinning® Facility. A club listing on our Facility Finder gives you exposure to thousands of potential customers every month. This profile features a description, pictures, instructor roster, operating hours and details about upcoming trainings or special events.

LEAD GENERATION PROGRAM

An added feature to the Facility Finder is the downloadable Class Pass. Users can download an offer to take a free Spinning class at any participating facilities.

JOB BOARD

Facilities can post job openings for Certified Spinning Instructors at no cost, and instructors can find available positions. We make it easy for people to connect!

CUSTOMIZED FLYER AND FORM TEMPLATES

The flyer and form templates give you access to professional Spinning-branded images, the Spinning logo and personalized materials.

VALUE-ADDED PROGRAMS

Our 8-week programs are all-inclusive packages that provide all of the materials, resources and instructions you need to help your members meet their weight loss goals or power through performance plateaus.

PRO SHOP PROGRAM

For our Official Spinning Facilities, we offer wholesale prices on the complete line of Spinning apparel, products and accessories for your members.

EVENTS

Spinning is committed to supporting charitable events, fundraisers and specialty rides in your community.





PRO SHOP

The Pro Shop Program offers a wide range of branded products that your members will not find anywhere else. We know our riders, and we know what inspires and motivates them to keep coming back for more. Our Pro Shop adds tremendous overall value to your program and immediate profit to your bottom line. Spinning® offers a wide range of branded products that:

- Offer wholesale prices on the complete line of Spinning apparel, products and accessories for your members
- Enhance the riding experience to keep your members coming back class after class
- Are designed with durability for lasting value
- Present incredible revenue-generating opportunities for facilities and studios

CHAPTER 5:

CONSUMER BIKES & ACCESSORIES







CONSUMER BIKES

The Spinning® program was designed for every rider, from a novice looking for a fun, heart-pounding activity to a professional cyclist training for the next big race. We want everybody to experience the joy and excitement of Spinning whether they are in a class at their local Spinning facility or in their home. With that goal in mind, Spinning offers an entire range of consumer bikes designed and priced to get a great workout at home.

Our consumer bikes feature the same authentic qualities of our commercial bikes with a sleek design that fits perfectly in your home. The dimensions and perimeter-weighted flywheel deliver the same feel and geometry of a real road bike. The steel construction make it both sturdy and easily portable, and the narrow Q factor helps to minimize hip, knee, or ankle discomfort. Combined with a wide, padded saddle, our Spinner® bike will keep you feeling comfortable for even the longest rides.

Our Performance Series is for the rider who wants to bring home the heavy-duty style of our Commercial Series found in clubs and studios. Our Sport Series delivers the same robust design and quality of our Performance Series at even more affordable prices. Both bring outstanding aesthetics in a variety of colors that offer you a personalized size and style that will inspire you to work out every day.

Our consumer bikes not only bring the Spinning experience home, but they also deliver an unbeatable value. Every model of consumer bike comes with free shipping, a guaranteed one-year warranty, and four Spinning DVDs so that you never miss the expert coaching, guidance and motivation that Certified Spinning Instructors are known for.

Bring the excitement of your local Spinning class home with our wide range of consumer bikes, and get started on a healthier lifestyle today.

CONSUMER BIKES

PERFORMANCE SERIES

The Performance Series includes all the great strengths of our commercial Spinner® bikes. Featuring the full-size geometry and heavy-duty construction of our commercial bikes, the Performance Series is the perfect fit for your home.



Adjustments that fit riders from 4'9"–6'4"



Commercial-sized handlebars for a more comfortable grip



Rust-resistant powder- and clear-coated finish to protect against sweat and moisture



Leather friction brake pad for more resistance and a better workout



Heavy-duty cranks and drivetrain to support riders up to 350 lbs



Perimeter-weighted flywheel with the same feel as our Commercial Spinner bikes



Spinner® Aero

Consumer Performance Series



OVERALL DIMENSIONS:

20" W × 43" L × 47" H (50.8 × 109.2 × 119.4 cm)

OVERALL WEIGHT: 121 lb (55 kg)

FLYWHEEL WEIGHT: 43 lb (19.5 kg)

COLOR: Titanium Metallic with Clear Coat

The Aero is all about adjustability. With fore/aft micro-adjust handlebar and saddle sliders, it offers the perfect fit for every rider.

FEATURES

- Commercial-sized design with stable saddle and handlebar adjustments
- Perimeter-weighted flywheel and crank system modeled after Commercial Series bikes
- Powder- and clear-coated, rust-resistant steel frame
- Commercial-style bottom bracket bar for a quieter, more durable ride
- Commercial-style leather brake pad for more resistance and a better workout
- Front-end transport wheels allow for easy portability
- Easy-adjusting stabilizer feet for simple in-home leveling and a safer ride
- 350-pound weight limit
- Narrow Q factor for improved comfort
- Micro-adjustable fore/aft slider to fit riders of all sizes
- Fore/aft adjustment on handlebars to fit riders of all sizes
- Integrated, dual water bottle holders on handlebars
- Dual-sided, SPD®-compatible pedals for riding with cycling shoes or athletic shoes

Spinner® Edge

Consumer Performance Series



FEATURES

- Commercial-sized design with stable saddle and handlebar adjustments
- Perimeter-weighted flywheel and crank system modeled after Commercial Series bikes
- Powder- and clear-coated, rust-resistant steel frame
- Commercial-style bottom bracket bar for a quieter, more durable ride
- Commercial-style leather brake pad for more resistance and a better workout
- Front-end transport wheels allow for easy portability
- Easy-adjusting stabilizer feet for simple in-home leveling and a safer ride
- 350-pound weight limit
- Narrow Q factor for improved comfort
- Micro-adjustable fore/aft slider to fit riders of all sizes
- Integrated, dual water bottle holders on handlebars
- Dual-sided, SPD®-compatible pedals for riding with cycling shoes or athletic shoes

OVERALL DIMENSIONS:
20" W × 43" L × 47" H (50.8 × 109.2 × 119.4 cm)

OVERALL WEIGHT: **121 lb (55 kg)**

FLYWHEEL WEIGHT: **43 lb (19.5 kg)**

COLOR: **Charcoal Metallic with Clear Coat**

The Edge offers fore/aft micro-adjust saddle sliders, as well as dual handlebar-mounted water bottle holders, dual-sided SPD®-compatible pedals and a comfortable saddle.

Spinner® Sprint

Consumer Performance Series



OVERALL DIMENSIONS:

20" W × 43" L × 47" H (50.8 × 109.2 × 119.4 cm)

OVERALL WEIGHT: 121 lb (55 kg)

FLYWHEEL WEIGHT: 43 lb (19.5 kg)

COLOR: Silver Metallic with Clear Coat

The Sprint features a 43-pound flywheel, a leather brake pad, large cranks and a cageless water bottle holder, making this bike perfect for the rider who wants to bring serious training home.

FEATURES

- Commercial-sized design with stable saddle and handlebar adjustments
- Perimeter-weighted flywheel and crank system modeled after Commercial Series bikes
- Powder- and clear-coated, rust-resistant steel frame
- Commercial-style bottom bracket bar for a quieter, more durable ride
- Commercial-style leather brake pad for more resistance and a better workout
- Front-end transport wheels allow for easy portability
- Easy-adjusting stabilizer feet for simple in-home leveling and a safer ride
- 350-pound weight limit
- Narrow Q factor for improved comfort
- Fore/aft adjustment on saddle to fit riders of all sizes
- Integrated water bottle holder on bike frame
- Platform pedals with toe cages for secure and easy foot placement

Spinner® Bella

Consumer Performance Series



FEATURES

- Commercial-sized design with stable saddle and handlebar adjustments
- Perimeter-weighted flywheel and crank system modeled after Commercial Series bikes
- Powder- and clear-coated, rust-resistant steel frame
- Commercial-style bottom bracket bar for a quieter, more durable ride
- Commercial-style leather brake pad for more resistance and a better workout
- Front-end transport wheels allow for easy portability
- Easy-adjusting stabilizer feet for simple in-home leveling and a safer ride
- 350-pound weight limit
- Narrow Q factor for improved comfort
- Fore/aft adjustment on saddle to fit riders of all sizes
- Integrated water bottle holder on bike frame
- Platform pedals with toe cages for secure and easy foot placement
- Ergonomically designed women's saddle

OVERALL DIMENSIONS:
20" W × 43" L × 47" H (50.8 × 109.2 × 119.4 cm)

OVERALL WEIGHT: **121 lb (55 kg)**

FLYWHEEL WEIGHT: **43 lb (19.5 kg)**

COLOR: **White and Cyan with Clear Coat**

The first indoor cycling bike designed specifically for women, the Bella offers the same proven frame design and geometry of our Commercial Series. With a beautiful white and cyan finish, the Bella will make a stylist addition to any home.

AT A GLANCE

CONSUMER BIKES

PERFORMANCE SERIES

FEATURES

- Full-size oval tube frame geometry like our commercial bikes
- Contoured chain guard and integrated fenders for sweat resistance and easy cleaning
- Includes Spinning® DVDs and our Guide to Ride to keep you motivated and on track with your fitness goals

	AERO	EDGE	SPRINT	BELLA
Commercial-sized design with stable saddle and handlebar adjustments	•	•	•	•
Perimeter-weighted flywheel and crank system modeled after Commercial Series bikes	•	•	•	•
Powder- and clear-coated, rust-resistant steel frame	•	•	•	•
Commercial-style bottom bracket bar for a quieter, more durable ride	•	•	•	•
Commercial-style leather brake pad for more resistance and a better workout	•	•	•	•
Front-end transport wheels allow for easy portability	•	•	•	•
Easy-adjusting stabilizer feet for simple in-home leveling and a safer ride	•	•	•	•
350-pound weight limit	•	•	•	•
Narrow Q factor for improved comfort	•	•	•	•
Fore/aft adjustment on saddle to fit riders of all sizes	•			
Fore/aft adjustment on handlebars to fit riders of all sizes	•	•	•	•
Micro-adjustable fore/aft saddle slider	•	•		
Integrated, dual water bottle holders on handlebars	•	•		
Integrated water bottle holder on bike frame			•	•
Dual-sided, SPD®-compatible pedals for riding with cycling shoes or athletic shoes	•	•		
Platform pedals with toe cages for secure and easy foot placement			•	•
Ergonomically designed women's saddle				•



CONSUMER BIKES

SPORT SERIES

The Sport Series uses the best features of our Performance Series in an even more affordable package. With lighter flywheels and construction, these bikes are perfect for any rider on a budget that wants to bring their Spinning® classes home.



Wider saddle for even greater comfort



New, wider handlebar diameter for superior grip and comfort



Powder-coated frame to protect against sweat and prevent rust



Perimeter-weighted flywheel that delivers the feel of a real road bike

Spinner® S7

Consumer Sport Series

SPORT SERIES



OVERALL DIMENSIONS:

18" W × 43" L × 27" H (45.7 × 109.2 × 68.6 cm)

OVERALL WEIGHT: **100 lb (45.3 kg)**

FLYWHEEL WEIGHT: **35 lb (16 kg)**

COLOR: **Titanium Metallic**

With SPD®-compatible pedals, a 35-pound perimeter-weighted flywheel and commercial-style dual water bottle holders on the handlebars, the S7 is designed for both maximum style and maximum performance.

FEATURES

- Rust-resistant, powder-coat steel frame
- Oval section handlebar post for greater stability
- Large, diameter commercial-sized handlebars for a more comfortable grip
- Fore/aft adjustment on saddle fits riders of all sizes
- Narrow Q factor for improved comfort
- Front-end transport wheels allow for easy portability
- Easy-adjusting stabilizer feet for simple in-home leveling and a safer ride
- 250-pound weight limit
- Contoured, aesthetic flywheel cover
- 35-pound perimeter-weighted flywheel for a superior riding experience
- Commercial-style, integrated dual water bottle holders
- Dual-sided, SPD®-compatible pedals for riding with cycling shoes or athletic shoes

Spinner® S5

Consumer Sport Series



OVERALL DIMENSIONS:
18" W × 43" L × 27" H (45.7 × 109.2 × 68.6 cm)

OVERALL WEIGHT: **96 lb (43.9 kg)**

FLYWHEEL WEIGHT: **31 lb (14 kg)**

COLOR: **Charcoal Metallic**

FEATURES

- Rust-resistant, powder-coat steel frame
- Oval section handlebar post for greater stability
- Large, diameter commercial-sized handlebars for a more comfortable grip
- Fore/aft adjustment on saddle fits riders of all sizes
- Narrow Q factor for improved comfort
- Front-end transport wheels allow for easy portability
- Easy-adjusting stabilizer feet for simple in-home leveling and a safer ride
- 250-pound weight limit
- Contoured, aesthetic flywheel cover
- 31-pound perimeter-weighted flywheel
- Water bottle holder on frame
- Dual-sided, SPD®-compatible pedals for riding with cycling shoes or athletic shoes

The S5 features an eye-catching translucent flywheel cover, a comfortable wide-padded saddle, dual-sided SPD®-compatible pedals, a two-toned chain guard and a water bottle tray to fit all water bottle sizes.

Spinner® S3

Consumer Sport Series

SPORT SERIES



OVERALL DIMENSIONS:

18" W × 43" L × 27" H (45.7 × 109.2 × 68.6 cm)

OVERALL WEIGHT: 96 lb (43.9 kg)

FLYWHEEL WEIGHT: 31 lb (14 kg)

COLOR: Silver Metallic

The S3 stands out with its black contoured flywheel cover, water bottle holder, wide-padded saddle and a two-toned chain guard insert.

FEATURES

- Rust-resistant, powder-coat steel frame
- Oval section handlebar post for greater stability
- Large, diameter commercial-sized handlebars for a more comfortable grip
- Fore/aft adjustment on saddle fits riders of all sizes
- Narrow Q factor for improved comfort
- Front-end transport wheels allow for easy portability
- Easy-adjusting stabilizer feet for simple in-home leveling and a safer ride
- 250-pound weight limit
- Contoured, aesthetic flywheel cover
- 31-pound perimeter-weighted flywheel
- Water bottle holder on frame
- One-piece alloy pedals with toe cages for secure and easy foot placement

Spinner® S1

Consumer Sport Series



OVERALL DIMENSIONS:
18" W × 43" L × 27" H (45.7 × 109.2 × 68.6 cm)

OVERALL WEIGHT: **96 lb (43.9 kg)**

FLYWHEEL WEIGHT: **31 lb (14 kg)**

COLOR: **White**

FEATURES

- Rust-resistant, powder-coat steel frame
- Oval section handlebar post for greater stability
- Large, diameter commercial-sized handlebars for a more comfortable grip
- Fore/aft adjustment on saddle fits riders of all sizes
- Narrow Q factor for improved comfort
- Front-end transport wheels allow for easy portability
- Easy-adjusting stabilizer feet for simple in-home leveling and a safer ride
- 250-pound weight limit
- Contoured, aesthetic flywheel cover
- 31-pound perimeter-weighted flywheel
- Water bottle holder on frame
- One-piece alloy pedals with toe cages for secure and easy foot placement

Designed with your home in mind, the S1 can be easily stored and still provide an outstanding workout. With a stable base, wide handlebars, and a comfortable saddle, the S1 offers the best value of all our Spinner® bikes.

AT A GLANCE

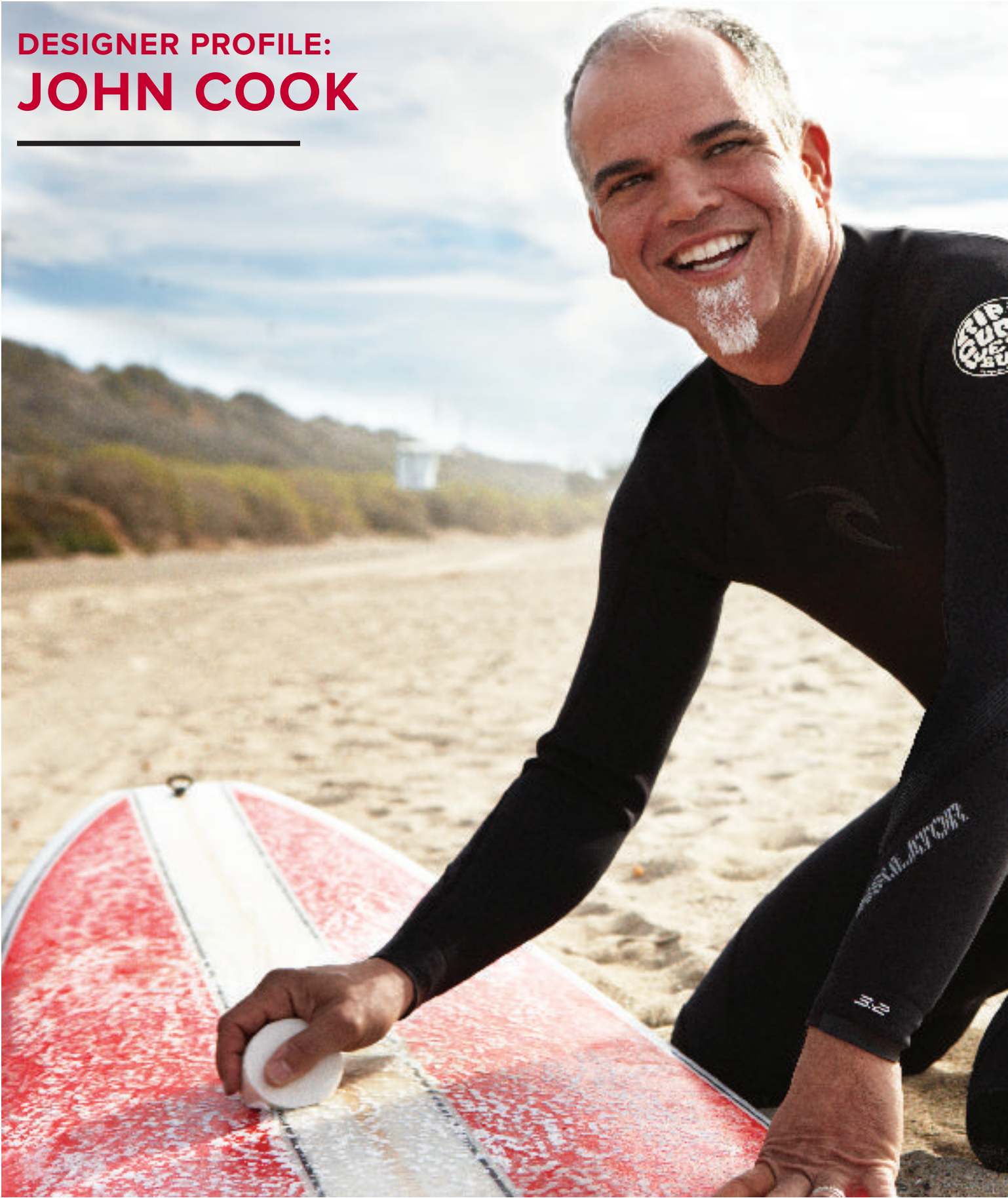
CONSUMER BIKES SPORT SERIES

FEATURES

- Rectangular frame tubes for strength, rigidity and durability
- Contoured chain guard and integrated fenders for sweat resistance and easy cleaning
- Includes Spinning® DVDs and our Guide to Ride to keep you motivated and on track with your fitness goals

	S7	S5	S3	S1
Rust-resistant, powder-coat steel frame	•	•	•	•
Oval section handlebar post for greater stability	•	•	•	•
Large, diameter commercial-sized handlebars for a more comfortable grip	•	•	•	•
Fore/aft adjustment on saddle fits riders of all sizes	•	•	•	•
Narrow Q factor for improved comfort	•	•	•	•
Front-end transport wheels allow for easy portability	•	•	•	•
Easy-adjusting stabilizer feet for simple in-home leveling and a safer ride	•	•	•	•
250-pound weight limit	•	•	•	•
Contoured, aesthetic flywheel cover	•	•	•	•
35-pound perimeter-weighted flywheel	•			
31-pound perimeter-weighted flywheel		•	•	•
Commercial-style, integrated dual water bottle holders	•			
Water bottle holder on frame		•	•	•
Dual-sided, SPD®-compatible pedals for riding with cycling shoes or athletic shoes	•	•		
One-piece alloy pedals with toe cages for secure and easy foot placement			•	•

DESIGNER PROFILE:
JOHN COOK





JOHN COOK

JOB TITLE: **VICE PRESIDENT OF DESIGN**

CURRENT HOME: **Ventura, California**

John Cook has extensive professional design experience that spans more than 25 years. A large part of his career was spent at BMW Designworks USA, and his design experience includes years in the fitness industry working on products for Spinning®, Peak Pilates®, CrossCore®, Ugi® and Bodyblade®. He has also received many patents and international design awards including the IDEA, Good Design, ID magazine and Red Dot. John received a B.A. with a specialty in Industrial Design from California State University, Northridge. He currently lives in Ventura, California with his wife, two daughters, two dogs, ten bikes and one well-used surfboard.



“Spinning® is like surfing—a good Spinner® bike or a favorite board is a fantastic vehicle but it’s that Zen-like feeling of a glassy wave or a great ride that keeps you coming back for more.”

What is your design philosophy?

I love bikes, I’ve loved bikes my whole life, and I’ve designed bikes throughout my entire career, working on bikes pencil to pixel to manufacturing. A Spinner® bike is quite a bit different in that it presents the challenge of designing a functional, dynamic bike that stays in one place. I love how you can look at a static photo of a great time trial rider and they look like they’re going fast. That’s just one of the images I use for inspiration. Function, reliability and durability are our primary design drivers and we temper all of those things into an easily useable, dynamic form. Our goal for our riders is to design a Spinner that fits so right and feels so good during a class that the bike goes away and it becomes all about your experience.

We touch every single inch of the bike, from the handlebars to the adjustable feet so that the experience is great for both the rider and the gym owner. I like to tell people that our commercial bikes are like rental cars. We have to design products that can take the abuse of being ridden 24/7/365 and still deliver a fantastic feel for the rider. For example, if you really look closely at our Spinner Rally, you will notice that we have taken great care to define our shapes so that every surface has two purposes.



The rounded, contoured surfaces are soft and inviting for the rider while being sweat resistant at the same time. Even though there are some very definitive lines on the bike, we want the overall feel to be dynamic but also friendly and approachable.

What inspires you?

I like making things that make people feel better. Spinning® helps people improve their fitness, which is really important, but it also changes their lives. I'm so inspired by the riders, their journeys, even what they go through to get to a 6:00 AM Spinning class—the bike is just one part of the experience. And our instructors and riders bring their best every day. We have to make sure that our products empower our community. It matters.

One of the things that was really cool for me was to meet some of the people on “The Biggest Loser” who had expressly come up to me and said “I always knew that no matter what, if I could just get on that Spinner® bike, it would be okay.” It was something they used every day. I like that we can make a product that makes so many people feel great and improves their lives.

What's unique about Spinning®?

I've designed a lot of products for a lot of different brands. But Spinner bikes are truly the best products you can design because they work in conjunction with fantastic programming. We not only make a great bike to ride, but we teach you how to ride it, and we teach others how to teach you how to ride it. We teach safe, enjoyable ways to ride it. It's pretty rare in design to be able to work in such a comprehensive space where our products support education and education supports our products, a combination that allows us to create a unique and authentic experience.

We are always looking to make our bikes better—the design switch is always on. We are constantly getting detailed input from an experienced team of master instructors, Spinning instructors, studio owners and riders, as well as our partners, “in-house” groups and enthusiasts.

It's really satisfying to work on a product that helps support such an incredible experience. We are all tied to that great Spinning experience. Some of our riders even get Spinning logo tattoos. That's an honor and a privilege, and it's something that drives me every day.

CHAPTER 6:

SPINNING® APPAREL & CYCLING SHOES







From classes to triathlons and anything in between, our apparel is designed, crafted and tested for maximum comfort and performance.

CAREFULLY CRAFTED

From high-performance tops, shorts and jerseys to head-turning casual wear, our Spinning® indoor cycling apparel is perfect for every rider. We collaborate extensively with manufacturers around the globe to find and deliver the highest-quality fabrics, materials, patterns and designs. We are at the forefront of the latest apparel technology, crafting performance wear that draws moisture away from the skin and keeps riders cool, as well as designing casual apparel that feels great and looks great.

Our goal is to create cycling apparel that not only looks good but also feels good against the skin and performs well, even during the most challenging ride. Testing is an important part of creating the right apparel and ensuring that it performs well ride after ride. We rely on our team of Spinning Master Instructors, club owners and key members of the community to rigorously test our apparel before offering it to customers.



TECHNICAL GEAR

Our technical gear sports compression fabric that is designed to support the muscles during the entire workout, from warm-up to cool-down. This moisture-wicking fabric moves with the rider and draws sweat away from the skin to the surface of the fabric for quick evaporation. This results in a more comfortable workout, enabling them reach the best fitness level of their lives.

Along with the highest-quality fabrics, our Spinning® shorts feature a high-quality chamois developed with Elastic Interface® Technology, and our gender-specific options are carefully designed to meet the specific needs of both men and women. Our chamois features bacteriostatic treatment, which inhibits the growth of bacteria after long, sweat-filled sessions. Stitch-free, all-way stretch fabric eliminates chafing and friction while providing freedom of movement, and single-density foam provides optimal protection with a minimal look and feel.

CASUAL WEAR

Our line of casual apparel captures the passion and commitment of the Spinning culture, giving our global community an opportunity to express how they feel about the program both in and out of class.

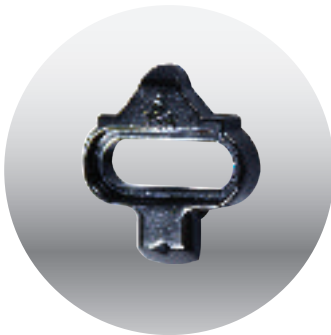
Spinning is so much more than just a class—it's an experience and a lifestyle. These custom-designed t-shirts, pants, hoodies and jackets communicate the original, authentic, exhilarating experience of the Spinning program. Whether you're on the go or headed to your next Spinning class, our casual wear lets the world know your passion for the best indoor cycling program in the world.



Clip in with cycling shoes for the most powerful and efficient ride. We offer every kind of cycling shoe for every kind of rider.

MOUNTAIN BIKE SHOES

Clipping into the pedals of your Spinner® bike ensures the most powerful and safest pedaling to get the most out of your ride. For most Spinning® classes, the ideal choice is mountain bike (MTB) shoes because they are SPD® compatible, which are available on most Spinner bikes. All cycling shoes feature breathable fabric to circulate air to the feet and typically feature Velcro instead of laces for a safe and secure ride.



SPD®



MEN'S SIDI® DOMINATOR 5



WOMEN'S GIRO® SICA VR70



WOMEN'S SIDI® DURAN

Breathability: Cycling shoes feature mesh or another breathable fabric that circulates air to your feet.



More Efficient Pedal Stroke: Velcro straps hold your feet securely in place, which aids the upward movement of your pedal stroke and lends stability by reducing foot movement.

More Power: The stiff sole of a cycling shoe allows more of the power generated by the leg during the pedal stroke to transfer to the bike.

Muscle Balance: Cycling shoes allow you to clip into the bike pedals, which helps engage more leg muscles for balanced toning and strengthening.

ROAD SHOES

Spinning® also offers road shoes to make the indoor cycling experience even more authentic. Road shoes are specifically designed for outdoor road cyclists, so they are even lighter than MTB shoes and feature a very rigid sole for an even more powerful pedal stroke. Road cycling shoes are LOOK® Delta compatible, so you can clip in with your road shoes with your Trio®-pedal equipped Spinning® bike.

ROAD AND MTB SHOES

If you can't decide whether to choose between road or MTB cycling shoes, and your Spinner bike is equipped with Trio QR® pedals, then a road and MTB shoe is for you! Also known as the "universal mount", road and MTB shoes can attach both SPD® and LOOK® Delta-compatible cleats, making them versatile for any type of ride. These shoes are also lightweight with very stiff soles for maximum efficiency.



LOOK® DELTA



MEN'S GIRO® APECKX ROAD



WOMEN'S SIDI® TAURUS



WOMEN'S GIRO® SANTE™ II

Visit [Spinning.com](https://www.spinning.com) to see our full selection of cycling shoes.



APPS, COMPUTERS & ACCESSORIES



We know what it takes to keep you ahead of the pack. Whether you're looking to bring the Spinning® program home with one of our Spinner® bikes or to maximize your ride with fitness trackers or music, we've got you covered.

Heart Rate Monitors & Fitness Trackers

Heart rate training is the foundation of the Spinning program. We encourage all riders, from novices to professional cyclists, to use fitness heart rate monitors and computers to track your heart rate and training so you see results and achieve the best shape of your life. We offer dozens of fitness trackers to suit your style and help you get the most out of every ride.



Bike Computers

With computers designed for Spinner bikes, you can take the guesswork out of your training. Train smarter and safer by tracking cadence, heart rate, time, distance and calories burned on an easy-to-read and accessible workout computer. These computers are the perfect solution for facilities and at home to track your progress and achieve your goals.

Spinning® Mobile Apps

Improve your workouts and classes with Spinning mobile apps. Our apps enable instructors to access and utilize class profiles, allow riders to track their workouts in real time through multiple training metrics, and connect to visual boards to enhance the overall class experience. Riders and instructors can also share achievements through social media platforms to enhance community connectivity and boost motivation toward achieving their fitness goals. Our mobile apps are available for iPhone and Android.



Music, CDs & DVDs

Find the perfect music for your ride. Our downloadable catalog of songs, playlists and Spinning CDs feature music that will beg your legs to pedal. And our collection of DVDs deliver the energy of a Spinning class in the comfort of your own home.

Functional Training Equipment

Add variety and challenge to your workout with our line of functional training equipment. The Spinning program can deliver even better results with resistance training, so get ready to burn even more calories with a full range of functional training equipment from Mad Dogg Athletics®, including CrossCore® systems, Ugi® balls, Pilates equipment, and resistance bands and tubing.

CHAPTER 7:

OUR COMMUNITY





OUR COMMUNITY



WSSC
Miami, Florida



GLOBAL COMMUNITY

Certified Spinning® Instructors are the faces, hearts and souls of Spinning. They deliver top-notch classes to hundreds of thousands of riders around the globe every day. Their passion and devotion would not be possible without Spinning Instructor Certification trainings. Led by one of our dedicated Spinning Master Instructors, their expertise, enthusiasm and guidance, empowers new Spinning instructors to consistently deliver the world's best indoor cycling experience to riders worldwide.

With Spinning Instructor Certification trainings available around the world in a variety of languages, our instructor team is truly global. They are committed to teaching and taking classes as they continue to develop new techniques and concepts to improve the lives of our riders. Their commitment to the program is clear in the thousands of miles they travel to attend Spinning conferences, as well as when they host trainings and special events closer to home.

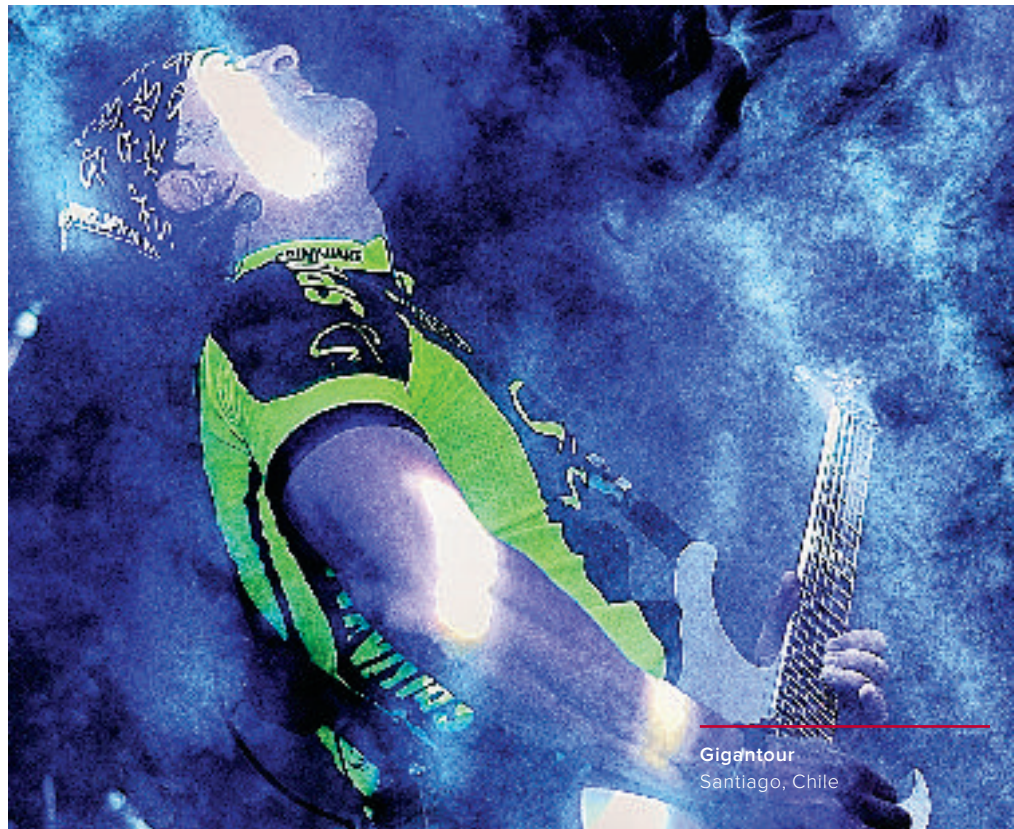
TRADE SHOWS AND CONFERENCES

WORLD SPINNING® AND SPORTS CONDITIONING (WSSC) CONFERENCE

Established in 1999, The WSSC Conference is the largest educational conference for Spinning instructors in the world. Held annually in Miami, Florida, WSSC is the only conference that features extraordinary Spinning theme rides and workshops led by our entire team of Spinning Master Instructors. Each year offers something unique and challenging as we strive to deliver the latest developments in research, equipment and technology. Alongside the over 80 dedicated Spinning and SPINPower® theme rides and workshops, the conference also features 150 sessions from Peak Pilates®, CrossCore®, Bodyblade®, Ugi®, Resist-A-Ball®, Zumba®, yoga, sports performance, nutrition, strength training and more that you won't find anywhere else. Each session is designed to imbue instructors with knowledge and motivation, as well as provide coaching tips, resources and CECs to take fitness careers to the next level.



Underground Energy Zone™
Bochina, Poland



Gigantour
Santiago, Chile

SPINNING® EXPERIENCE (SPEX)

Since 2002, SPEX has been the largest and most unique Spinning event in Europe. Attracting participants from all over the world, the Netherlands hosts Europe's largest educational indoor cycling conference, which features more than 500 Spinner® bikes in a two-day event that culminates in a six-hour Spinning marathon presented by best-in-class presenters from the international Spinning Master Instructor team.

IHRSA

Every year, Spinning makes its presence felt at IHRSA, the largest commercial fitness event in the United States. This tradeshow annually brings in thousands of fitness industry professionals from around the world. Visit the Spinning booth to learn more about the latest in Spinning education programs with demonstrations on the latest line of Spinner bikes. Don't forget to join us for an early morning workout where you can take an hour-long journey through the Spinning program with a Spinning Master Instructor.

FIBO

Spinning has a huge presence at FIBO, the largest commercial and consumer fitness and wellness event in Europe. Each year, nearly 100,000 participants converge to learn about the newest innovations in fitness. Visit the Spinning booth in the commercial fitness hall to learn more about the latest in Spinning education and equipment. And don't forget to shop for the latest in Spinning apparel and accessories at the Spinning store.

OUR
COMMUNITY





1. Tour de Pier
Manhattan Beach, California

2. Maria Sharapova + Friends
Los Angeles, California

SPINNING® EVENTS WORLDWIDE

The Spinning® community is truly global—Spinning Instructor Certification trainings, continuing education sessions and special events take place every day in 80 countries. In addition to our unparalleled classes and support, Spinning keeps this international community inspired and connected through inspiring posts and articles on our social media pages and community site.

Our Spinning Master Instructor team is the backbone of our extensive network of Certified Spinning Instructors. These 140 expert instructors, hailing from over 25 countries, lead instructor training and continuing education workshops at Official Spinning Facilities, conferences and special events around the globe. Every year, these Spinning Master Instructors host spectacular theme rides, like RIDEgypt in Cairo and the SOČA Open Air ride in Slovenia, to bring the incredible fitness experience of Spinning to both their local community and the world at large.

CHARITY & PARTNERSHIPS

The Spinning program offers local, regional and global events that keep this community inspired and connected. One of our biggest events is Spinning Nation®, an annual fundraising event to support Go Red for Women, a campaign to bring awareness to heart disease. A national event open to all facilities, riders from all over the United States collect donations from friends and family to sponsor their ride for an entire day, with 100% of the proceeds going to Go Red for Women.

Beginning in 2015, Spinning became a sponsor of Maria Sharapova + Friends, a charity event held every year at the UCLA Tennis Center. This fun-filled weekend packed with activities and celebrities raises money for the Maria Sharapova Foundation, which is dedicated to supporting underprivileged kids around the world.

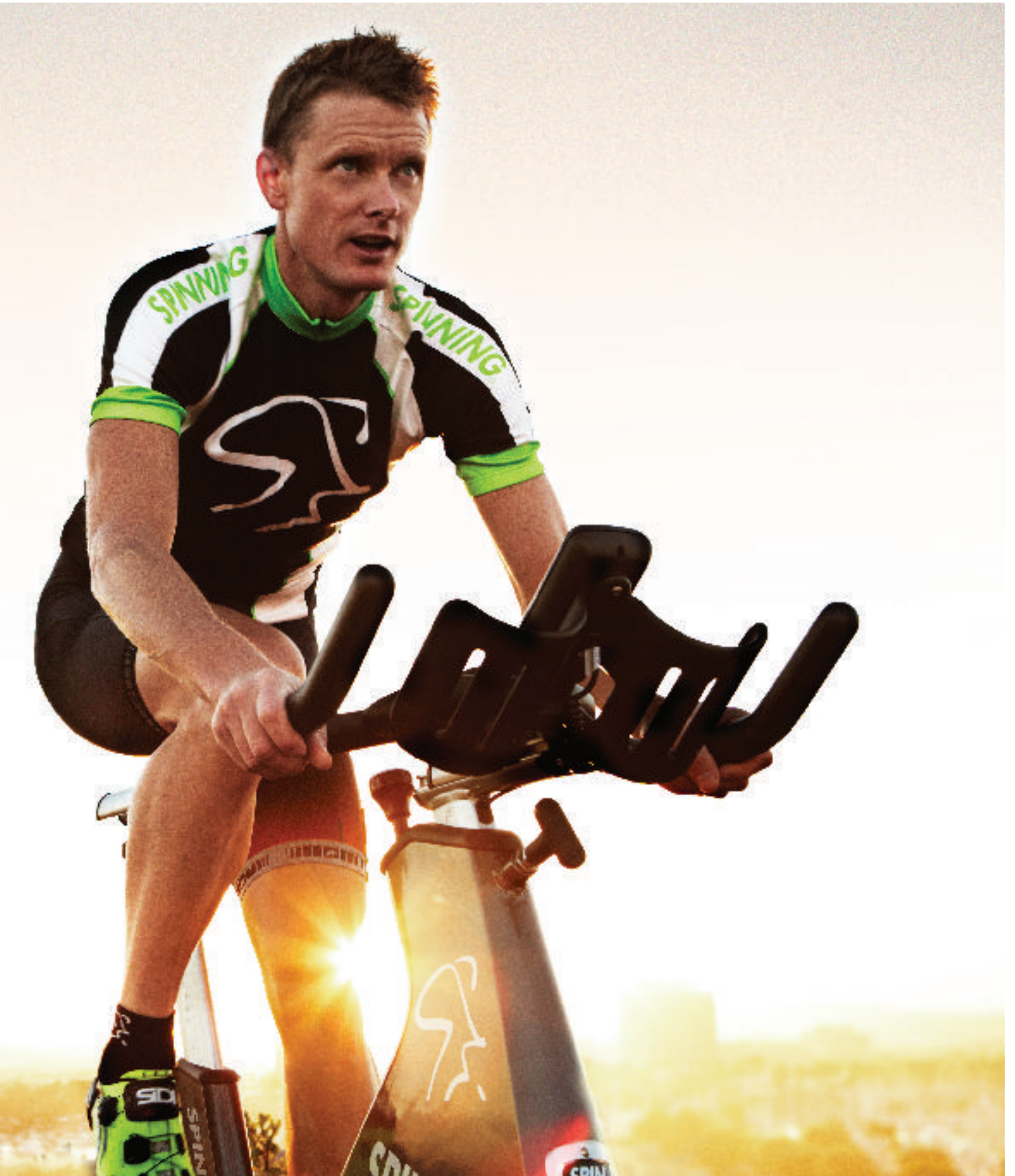
MASTER INSTRUCTOR PROFILE: JOSH TAYLOR

JOSH TAYLOR

JOB TITLE: **MASTER INSTRUCTOR, SENIOR ADVISOR
AND BRAND AMBASSADOR**

CURRENT HOME: **Fountainville, Pennsylvania**

A former professional cyclist, Josh has been a Spinning® Master Instructor for 20 years. He has been a leading force for Spinning and SPINPower®, using his knowledge and experience to push these two programs to be the very best they can be and constantly working to improve the education, programming and equipment. He was one of the pioneers of integrating video into Spinning and truly embodies the passion, experience and authenticity of the Spinning program.





What first brought you to Spinning®?

I first got into Spinning® because it's all about riding a bike. What I love about Spinning is that it has its roots in real sport—that performance aspect totally attracted me to the program. I love that it provides an opportunity to push your limits in a safe environment. When you're riding outdoors, you have to pay attention to so many things—the road, your surroundings, potential dangers—whereas in Spinning you can just close your eyes, go full gas and really focus on how you mentally operate under a lot of challenge. It lets you focus on the stuff that really matters. Anybody can relate to that, whether you're a seasoned cyclist or someone who doesn't ride an outdoor bike at all.

What makes Spinning different from other fitness programs?

What's so cool about Spinning is that it goes beyond the four walls of the studio—it's so much more than just a fitness program. It's performance-based, but it's the mind/body element that makes it so special. Spinning isn't just about the movements; it's about the emotions or the feelings you experience when doing movements. In no other program can you be a fighter pilot in one class, ride in the Tour de France in the

next, then go for a cruise along the beach. It allows you to go places and do things that other fitness programs and even riding outdoors can't allow you to do. Spinning allows everyone to find their champion within, and that's what makes it so rewarding. People don't remember an interval or a movement, but they remember the experience and how it made them feel.

How has your experience as a professional cyclist influenced your role at Spinning?

As a professional cyclist, I used Spinning day in and day out. It was so motivational—there were many times when I was in the middle of a bike race, and I would use my Spinning experiences to get myself through a challenge. I've since been able to use all of that experience to really influence the development of the Spinning program over the years. We've used my experience to really dial in the comfort and performance of the bikes. And now, we have SPINPower®, a program that offers an even more accurate measurement of work performed. It's just awesome.



“The Spinning® program allows you to go anywhere your mind can take you. Spinning is really an art—it’s the art of fitness.”

What’s your favorite thing about being a Spinning® Master Instructor?

I love the ability to help anyone safely reach their fitness goals, whether that’s losing a couple of pounds or getting to the finish line first. It’s a huge opportunity, to be able to take Spinning® to the highest levels and really push the limits of what an instructor can do in a class. That’s the thing about Spinning—there really are no limits. Personally, I’ve met some of the most special people in my life through Spinning, from my best friends to my wife.

The song that never gets old is

“Master Of Puppets” by Metallica. I love the heavy hitting stuff.

The number one thing on my bucket list is

To ride in a modern-day fighter jet!

If I could live one place, it would be

Santa Barbara, California.

I take the most videos of

My family, which includes my crazy cats!

Everything is always better

With music.

When I’m not teaching, you can find me

Riding my road bike or working on a new specialty ride for WSSC.

The mantra I live by is

“Do it right or not at all”.

JOURNEY RIDES

Take a closer look at these custom bikes and rides led by Josh Taylor at the World Spinning® and Sports Conditioning (WSSC) Conference.



2012

ANIMAL BIKE

Inspired by the world's most powerful and graceful animals, the bike for the "Animal" ride inspired riders to enter into the world of the instinctive animal, feel the primal rhythm, and ride through the eyes of beasts.

2013

FIGHTER PILOT BIKE

Modeled after the high-intensity journey ride, "Fighter Pilot" was designed with the absolute precision, focus and uncompromising determination. Riders tested their skills on the bike in a visually enhanced ride that inspired attendees to be a true Top Gun!

2014

GHOST BIKE

The stunning black coat on the "Ghost" bike reflected the specters of doubt and fear that all riders must overcome. Riding together in a pack of over 100 riders, the Ghost ride empowered riders to drive relentlessly through the shadows, crush barriers and triumph over obstacles.

2015

WARRIOR BIKE

Bearing the marks of battle, the "Warrior" bike led a legion of over 300 riders in a titanic event where surrender was not an option. On this impressive golden bike, Riders surged into battle with the belief that strength comes from facing adversity.



ENTHUSIASTS
COMMUNITY
INSTRUCTORS

WE ARE
SPINNING®

WE WEAR OUR PASSION ON OUR SLEEVES. LITERALLY.

Hundreds of our riders have Spinning® tattoos, because Spinning means something much deeper than a workout.

Our instructors take riders into their hearts, not just their classes. And we're honored and inspired to be part of their stories.

COMPANY PROFILE:

MAD DOGG ATHLETICS, INC.





MAD DOGG ATHLETICS, INC.

CURRENT HOME: **Venice, CA**

Home of the Spinning®, Peak Pilates®, CrossCore®, Bodyblade®, Ugi®, Resist-A-Ball® and Spin Fitness® brands, Mad Dogg Athletics® is the world's largest equipment-based education company. Mad Dogg Athletics has trained over 250,000 instructors and has reached millions of enthusiasts in 80 countries worldwide through a network of over 35,000 fitness facilities. The company manufactures home Spinner® bikes, Pilates and functional training equipment, DVDs, and a complete line of Spinning-branded apparel and accessories. Mad Dogg Athletics has successfully registered their Spin® family of trademarks in 80 countries.



-
- 1. Mad Dogg Athletics, Inc. Headquarters**
Venice, California
 - 2. Mad Dogg Athletics, Inc. Warehouse**
Rancho Dominguez, California

While our headquarters happen to be located in California, Spinning® is a global brand supporting an international community. With over 35,000 licensed facilities in 80 countries proudly hosting Spinning classes every day, we are able to reach millions of riders worldwide.

Our network also includes the dedication of 82 equipment distributors and 30 education representatives. This dedicated partners distribute the best indoor bikes and best education on the planet, and they enjoy the full support of offices based in the U.S. and Europe, ensuring that each and every studio has both local representation and global support.



From equipment and education to an industry-leading web platform and marketing tools, we make sure that our partners have everything they need. Our services range from setting up Spinning® studios to organizing local events to providing certification training and continuing education. Whether they're around the corner or around the world, each and every rider can count on finding the same great experience for which the Spinning program is known and loved.

3. Mad Dogg Athletics Europe
Rotterdam, Netherlands

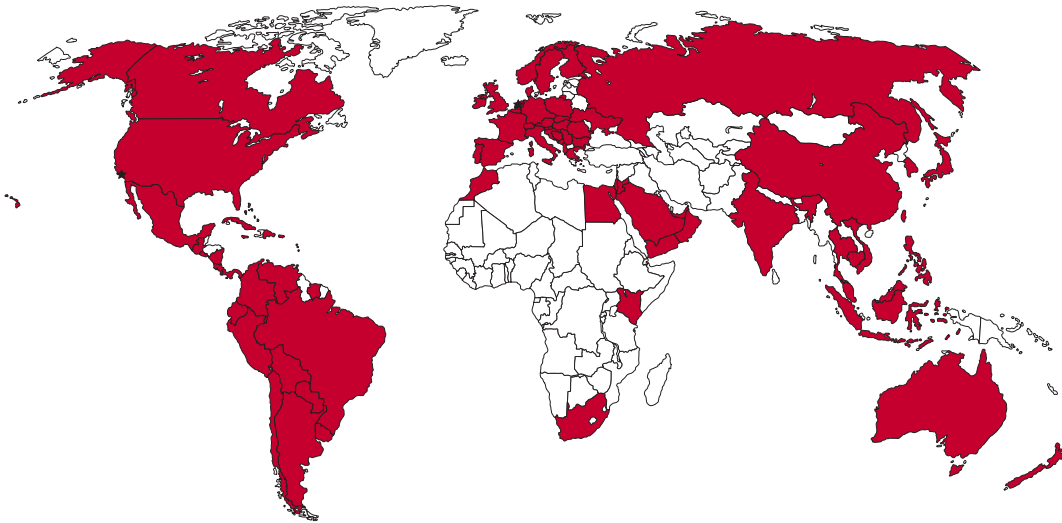
GLOBAL OPERATIONS



SPINNING® GLOBAL EVENTS AND TRAININGS

+1,200

PER YEAR

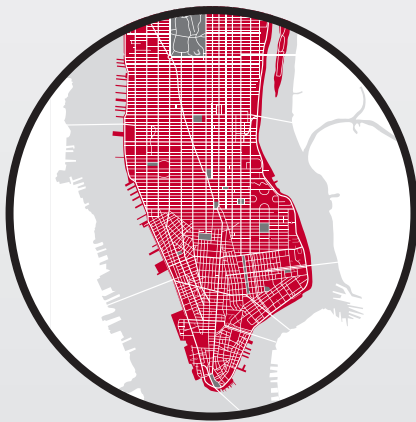


SPINNING® IS IN

80

COUNTRIES

25 NUMBER OF LANGUAGES SPINNING® INSTRUCTOR CERTIFICATION TRAININGS IS TAUGHT IN



CRUNCH STUDIO
IN NEW YORK
WAS THE FIRST
OFFICIAL
SPINNING FACILITY

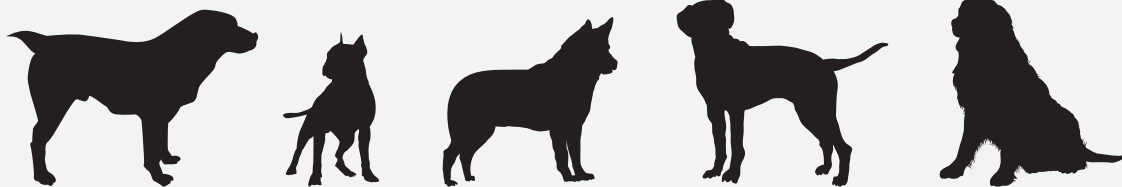
OFFICES LOCATED IN
VENICE, CALIFORNIA
RANCHO DOMINGUEZ, CALIFORNIA
LONGMONT, COLORADO
MAASSLUIS, NETHERLANDS



Certified Yearly	10,000
SPIN® Members	10,000
Certified Spinning Facilities	35,000

250,000

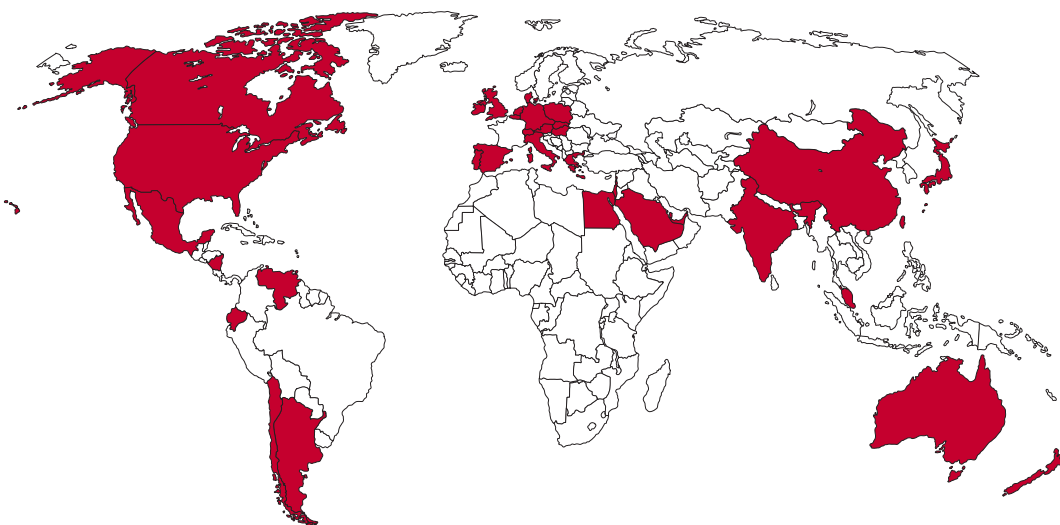
PEOPLE **WORLD-WIDE** HAVE BEEN **CERTIFIED** IN THE **SPINNING PROGRAM**



FIVE FIDOS
FREQUENT
SPINNING® HQ

140

TOTAL
NUMBER OF
SPINNING®
MASTER
INSTRUCTORS
WORLDWIDE



**SPINNING® MASTER INSTRUCTORS HAIL FROM
OVER 35 COUNTRIES**

**2016 SPINNING
SOCIAL MEDIA STATS**

TWITTER@SPINNINGHQ : **3,950**
FACEBOOK.COM/SPINNING: **445,000**
INSTAGRAM@SPINNINGHQ: **7,300**
PINTEREST.COM/SPINNING: **2,600**



FANS / FOLLOWERS / SUBSCRIBERS
ON SOCIAL MEDIA AND GROWING



OUR INSTRUCTORS
AGE RANGE FROM

18-80

SPINNING® INSTRUCTOR
GENDER BREAKDOWN

**OVER
1,000,000**

COMMERCIAL & CONSUMER BIKES
SOLD WORLDWIDE



THE ROAD AHEAD

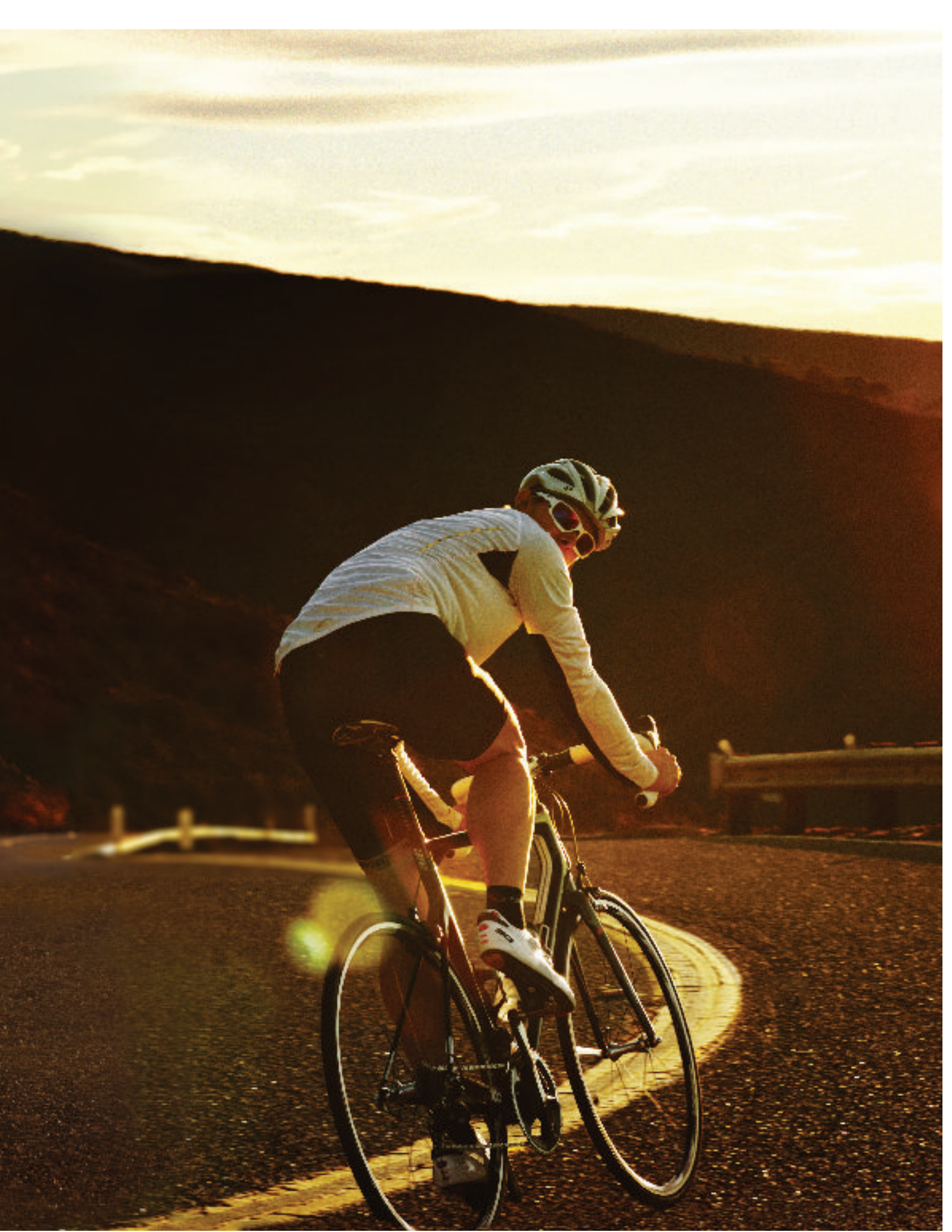
As this catalog comes to a close, I would just like to thank every one of our Spinning® instructors. Our team of Spinning Master Instructors has shown an incredible love and passion for the program and has given their students the very best indoor cycling class experience in the world. I also want to thank our partners, facilities and studios who have welcomed the Spinning program into their doors. We work to provide them with everything they need to keep their members engaged and excited for indoor cycling. In return, they share that dedication to their riders and help them lead the lives they want to lead.

With this catalog, we wanted to look both at our incredible past and bright future. This year marks an exciting new opportunity for Spinning. I am so thrilled for our new partnership with Precor®. It really is a perfect partnership.

We also look forward to developing even more products, marketing solutions and education programs in the years to come.

It always comes back to the road ahead. It's where this company started back in 1991, and it's what we look forward to today. We remain committed to being the original and best name in indoor cycling. Thank you for being a part of the Spinning experience.

JOHN R. BAUDHUIN
Founder & CEO





 **SPINNING®**



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