

## New Spin Bike for Timber Valley Residents:



1 Fan, 2 iPhone or tablet holder, 3 bike fitness monitor, 4 Fan remote, 5 Handlebar. Not shown are clip peddles for standup riding.

**There is a new spin bike at our clubhouse.** It was purchased and donated Bob and Mary Feiler and Dennis Hellowell. It is a high quality exercise machine. The seat and handlebar are both adjustable for height and reach. The resistance is adjustable by turning the red knob, clockwise more resistance, counter clockwise for less resistance. Pushing down on the knob is a breaking device for the fly wheel.

Needless to say, any use of any of the exercise equipment is done at your own risk. Timber Valley assumes no liability. Check with you're physician if you feel it necessary.

We already have three recumbent style exercise bikes. Probably more than we need. So what is the difference? Naturally, the riding position is very different. The recumbent a bit more like riding a bike while sitting on your

couch - good for some. They provide good exercise for older, more comfort oriented or folks that are out of shape. The spin bike is more like riding a bike out on the road. Increasing resistance is like peddling uphill, of course more strenuous. This is the type of bike used in gyms where the whole class is riding together and the pace is being directed by the spin instructor or perhaps even an online instructor or tablet based audio/visual program. Note the bike has an adjustable holder to support a phone or tablet. I am going to subscribe to a tablet application that presents you with the feeling that you're riding a trail in Italy, Switzerland, Japan or maybe Costa Rica. I'll demo that at the intro session. Most would agree that spinning indoors is not as exhilarating as riding outdoors but when time is limited, or the sun is down, or which is often the case, the weather is terrible, spinning can provide a challenging workout in a short period of time.

Whatever happens, do not let this dissuade anyone from trying this piece of equipment. Anyone can ease into using a spin bike as gradually as you choose. The seat will be a little less comfortable than the recumbent bikes, but there are ways to mitigate this too. Come to the intro class. Even if you choose not to use a phone or tablet to provide an enhanced vicarious visual experience, you can put in some ear buds and zone out to your favorite music - the bike is dead silent.

Dennis Hellowell will also be setting up an oscillating fan, his personal property, for anyone using the spin bike. It has a remote. This fan is not to be used for other exercise equipment. Please only use it when using the spin bike and do not move it. The fan has many setting to control speed, oscillation and output levels.

I will soon announce an introductory seminar explaining some tips and trick for getting the most out of this exercise bike, especially for those new to the sport. There are padded riding shorts and gloves that add to your comfort. The bike has a water bottle holder. - BYO. Depending how serious you get, a sweat band and a towel is highly recommended. There will be a bottle of sanitizer and paper towels nearby if you plan to do a lot of sweating. Please clean off the equipment when your finished. The introductory lesson will also cover adjusting the seat and handlebar to suit you size. The seat should be supporting about 85% or your weight and your arms only support 15%. I hope some of you will join in on the fun. This is a health enhancing opportunity!

Dennis Hellowell Other questions, contact me - [dennish1@mindspring.com](mailto:dennish1@mindspring.com)