

Spin Strength and Mobility

The Next Evolution of Indoor Cycling

A practical bike-and-mat framework for purposeful riding, bodyweight strength, posture, mobility and recovery.

THE BIG IDEA The mat work is not a break from the ride. It reinforces what riders need so they return stronger, more aware and better prepared.

The Signature Formula

1 RIDE Choose one clear cycling objective.	2 REINFORCE Use the mat to support that objective.	3 RETURN Bring the new awareness back to the bike.	4 RECOVER Restore posture, breath and readiness.
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The 55 Minute Active Experience

5 MIN On-bike warm-up One song	40 MIN Four 10-minute rounds Ride 4 + move 1 + mat 4 + reset 1	10 MIN Restore the Rider Recovery, posture and mobility
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A Sample 4 by 4 Experience

Each 10-minute round: 4 minutes riding + 1 minute to move + 4 minutes on the mat + 1 minute to reset

ROUND	4 MIN RIDE	4 MIN MAT FLOW	CONNECTION
1 Climb Strong	Seated and standing climb 60–70 RPM	Squat → reverse lunge → knee drive → kickstand hinge	Glute strength and hip control
2 Quiet Centre	Seated cadence control 75–90 RPM	Bird dog → elbow to knee → bear hover → toe taps	Stable torso as the limbs move
3 Power and Posture	Three controlled 20-second efforts 70–85 RPM	Tall-kneeling hinge → W → half-kneel reach → rotation	Power without upper-body tension
4 Strong and Stable	Seated and standing changes 60–75 RPM	Side-lying lift → knee drive → press back → circles	Hip stability and knee tracking

Restore the Rider

10 MINUTE FINISH Downshift → release → lengthen → open → realign → breathe. Include glutes, hips, hamstrings, calves, thoracic rotation, chest opening and calm breathing.

Make It Memorable

USE THE MUSIC Continue a song across bike and mat when it fits.	NAME THE ROUND Give each block a purpose riders remember.	FEEL THE DIFFERENCE Tell riders what to notice when they return.	OFFER REAL CHOICE Coach steady and athletic options equally.
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Mat Moves With Purpose

Creative, simple and connected to the ride. Teach one move, layer the pattern, then let it flow.

FLOW 1 CLIMB STRONG FOCUS Lower-body strength, balance and hip control. SEQUENCE Squat → reverse lunge → knee drive → kickstand hinge with reach → switch. PAIR WITH Seated or standing climbing. STEADY Replace the knee drive with a toe tap. ATHLETIC Add a controlled balance pause or calf raise. COACH IT “Take that glute activation and hip control back to your climb.”	FLOW 2 QUIET CORE FOCUS Trunk stability while the arms and legs move. SEQUENCE Bird dog → elbow to knee → extend → bear hover → alternating toe taps → switch. PAIR WITH Cadence changes and faster seated riding. STEADY Keep the knees down and practise abdominal bracing. ATHLETIC Keep the knees hovering during the toe taps. COACH IT “Let the legs work underneath a strong, quiet centre.”
FLOW 3 POWER AND POSTURE FOCUS Core control, hip opening and upper-back posture. SEQUENCE Tall-kneeling hinge → arm sweep → rise into W → half-kneel reach → rotate → switch. PAIR WITH Short, controlled power efforts. STEADY Keep hands at the hips and reduce the hinge. ATHLETIC Reach the arms overhead during the hinge. COACH IT “Return to the bike taller, with the chest open and shoulders relaxed.”	FLOW 4 SIDE TO SIDE STABILITY FOCUS Lateral hip strength and pelvic control. SEQUENCE Side-lying leg lift → hover → knee drive → press back → extend → two circles. PAIR WITH Seated-to-standing transitions and strong climbing. STEADY Rest the head and allow the top foot to touch down. ATHLETIC Keep the top leg hovering between movements. COACH IT “The leg moves; the pelvis stays quiet.”
FLOW 5 PEDAL POWER FOCUS Glutes and posterior-chain endurance. SEQUENCE Glute bridge → bridge march right and left → two heel walkouts → walk in → lower. PAIR WITH Strength climbs or muscular-endurance riding. STEADY Hold the bridge without marching. ATHLETIC Keep the hips lifted through the heel walkouts. COACH IT “Create power through the hips without gripping through the shoulders.”	FLOW 6 RESTORE THE RIDER FOCUS Recovery, posture and mobility after the final round. SEQUENCE Figure four → full-body reach → child’s pose side reach → half-kneel hip and hamstring flow → prone W → breathe. PAIR WITH The end of any ride or hybrid class. STEADY Use smaller ranges and keep every position supported. ATHLETIC Add gentle thoracic rotation where it feels appropriate. COACH IT “The ride challenged the body. Recovery brings it back into balance.”

It should feel choreographed, not complicated.