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Spinner

5 Reasons You're Not Seeing Results with Your Spinning Bike Workouts

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Spinning Bike Workouts

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5 Reasons You're Not Seeing Results with Your Spinning® Bike Workouts

You heard the raves from indoor cycling enthusiasts, about the intense calorie burn with just an hour or less of pedaling. These same devotees also look fantastic—lean, muscular and energized. So you jumped onto the Spin® class bandwagon, giving it your all. Then why, you ask, am I not losing weight or showing off a leaner, meaner body? Here are 5 reasons why you aren't getting results with your Spinning® bike workouts.



1. Too Little Resistance

Not using enough resistance is just plain going to give you few or no results. You have to challenge the body, move it out of its comfort zone. Doing so makes it use more energy, and thus burn more calories and fat, as well as challenge more muscles. You want enough resistance so that you aren't bouncing around in the saddle.

2. Bike Adjustment

Improper bike adjustments will force your body into poor form. That will lead you to pain and possible injury, which then culminates in no results. When the seat, handlebars, and pedal clips are in the correct position, your body will be comfortable. More importantly, you reduce the likelihood of injury, which will keep you riding and getting results. If you are new to Spinning bike workouts, be sure to arrive at class a few minutes early. This way you can have your instructor help you get acquainted with the equipment and show you the proper way to adjust it to fit your body.

3. Poor Nutrition

An intense workout, where you are burning anywhere from 400 to 1200 calories in 40-60 minutes, can work up quite an appetite. To follow an intense Spinning® bike workout with a giant hamburger, fries and a beer, especially a few times a week, is going to negate your calorie burn and add on those pounds, or keep you from losing them. It's necessary to eat, of course, but do it mindfully with healthy proteins and carbs, and cut back on the junk food.

4. Not Eating Enough

The other end of the stick is when you burn hundreds of calories in your Spin class, then keep your food/nutrition intake too low the rest of the time. Before long, your body catches on that it's being starved and starts to slow down its metabolism. Now you won't burn up as many calories during your Spinning bike workouts as you were previously.

5. Burnout



When you overtrain, your body doesn't get a chance to repair and renew itself. This can happen when you go all out, thinking the harder you work every time, the better your fitness will be. Actually, that's not true. If you keep overtraining, you will lose strength and endurance, setting yourself up for possible injuries and reducing your immunity levels. You should train within the [Spinning Energy Zones™](#) using a heart monitor to control your body's cardiorespiratory system correctly.

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Meta Description: If you're not getting results from your Spin bike workouts, find out the reasons why and how to turn no results into great results!

Photo 1 Caption: Disappointed with your weight loss goals?

Photo 2 Caption: Learn how to train correctly to prevent burnout.