



BALANCED TRANSITIONS: JUMPS

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OVERVIEW

This workshop explores the two jumping movements of the Spinning® program.

OBJECTIVES

Identifying the proper techniques of both Jump movements in the Spinning® program and the strategies for challenging students without disrupting correct riding form.

SUMMARY

We begin with a lecture identifying the primary discussion points, followed by a challenging workout.

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**