



## **SPIN® FUSION: ZEN DEN**

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### **OVERVIEW**

As described in the Spinning® Instructor Certification Manual, a Recovery ride is “designed to restore the body physically and mentally.” Only flat road is used because hills and Jumps will overwork the muscles and detract from the purpose. The ride should be rejuvenating for the both mind and body with select breathing techniques, concentration and stretching techniques.

### **OBJECTIVES**

- 1) Benefits of Active Recovery
  - a. Mental
  - b. Physical
- 2) Active Isolated Stretching
  - a. Avoiding the myotatic stretch reflex
  - b. Applying the technique
- 3) Class Format
  - a. Pulmonary system
    - i. Complete breath
    - ii. Vitalic breath
    - iii. Ujjayi breath

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



- b. Cardiovascular system
  - i. Heart Rate Parameters
  
  - ii. RPE
  
- c. Muscular System
  - i. Seated: Trunk
  
  - ii. Supine: Hips, Hamstrings, Adductors, Abductors
  
  - iii. Lateral: Quadriceps / Hip Flexor

## **SUMMARY**

The more instructors embrace recovery as a necessary component of fitness and health, the more our clients will do the same.

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