



## **SPIN® FUSION: WIRED & FIRED**

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### **OVERVIEW**

A workshop that puts the microscope on the posterior sling\*. Discover a new perspective on how both the healthy functional movement of this family of muscles can enhance riding and improve posture.

The session aims to deliver material that a Certified Spinning® Instructor can personally use for training and share with participants. The muscles involved in movement patterns that are technically wired together in the back of the body can become dysfunctional and effect riding. Some of these reasons will be under review and how understanding their role better can release what might be inhibiting a rider from a newcomer to the Spinning® program or a dedicated cyclist.

The session puts practical functional tests off the bike together to present findings and create a potential training program suited to an individual to improve movement, strength and hence power on the bike.

A portion of the session will be riding on the bike with coaching around the posterior sling and biomechanics back on the bike.

*\*The posterior oblique sling consists of the latissimus dorsi muscle, the opposite side gluteus maximus muscle, and the interconnecting thoracolumbar fascia. This sling crosses at the level of the lumbosacral junction and provides what is known as force closure to the sacroiliac (SI) joint.*

### **OBJECTIVES**

- Share in the knowledge of functional movement coupled with riding biomechanics to promote the benefits for better performance as part of a training plan.
- Complete a Spinning® class and put the learning together at the end of the session.

### **SUMMARY**

The intermuscular coordination (how muscles work together to create a movement) that improves with more functionally based movements is what professionals believe creates better development in all around fitness. This is put into context with Spinning® and conditioning off the bike.

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