I first experienced indoor cycling over 30 years ago when I started racing bicycles. I lived in Buffalo, New York, so we were not able to train on the road in winter. We took our bicycles inside and would ride on rollers or a track stand. It was boring and fatiguing and I never knew anyone who liked it.

Thus, I was surprised in the summer of 1995 to hear that many of my clients were becoming addicted to a new program called Spinning. These were hard-core endurance athletes who had moved to California to train outdoors, yet they were driving 50-60 miles in Los Angeles traffic to attend a 40-minute Spinning workout. There was an instructor, music, a group setting and a program. People who participated would tell you how they felt exhilarated for hours after taking a Spinning program workout.

I became interested from a scientific point of view, and we conducted a research study. We were interested in measuring the heart rate response and calories burned during a routine Spinning workout. We measured oxygen consumption and calories burned at each heart rate prior to the Spinning workout.

**Abstract**

The purpose of this study was to monitor and measure caloric expenditure for six subjects during a 40-minute Phase 1 Spinning workout. Prior to the workout, an incremental cycle test for determination of oxygen consumption and heart rate was performed. During the Spinning workout, the subjects wore heart rate monitors. Comparison of the heart rate response during the 40-minute workout revealed that the subjects performed at relatively high heart rates and levels of caloric expenditure. Subjects routinely performed at maximum heart rates higher than those measured in the laboratory test (173.3 vs. 167.8 beats per minute). Caloric expenditure varied from 7.2 to 13.6 kcal per minute and averaged 475 kcal per 40-minute class. These results indicate that Spinning workouts provide a high heart rate response and high caloric expenditure.
Subjects and Methods

Subjects in this study were recruited from a regular Spinning® program class at a sports club. Each subject was a recreational, non-competitive cyclist and had attended Spinning workouts for less than 6 weeks. None of the subjects had a history of cardiovascular disease, high blood pressure or thyroid disease. Subjects were fully informed of the nature of the study prior to giving written consent in accordance with the guidelines established by the American College of Sports Medicine. The subjects’ characteristics and results are summarized in the following Table.

<table>
<thead>
<tr>
<th>Subject</th>
<th>Age</th>
<th>Sex</th>
<th>Height (inches)</th>
<th>Weight (lbs)</th>
<th>VO₂ max (ml/kg/min)</th>
<th>Lab HR max (bpm)</th>
<th>Workout HR max (bpm)</th>
<th>Calories Burned (Kcal)</th>
<th>Kcal/min</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>41</td>
<td>M</td>
<td>72</td>
<td>204</td>
<td>40.1</td>
<td>164</td>
<td>171</td>
<td>617</td>
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<tr>
<td>2</td>
<td>46</td>
<td>M</td>
<td>77</td>
<td>230</td>
<td>27.8</td>
<td>143</td>
<td>153</td>
<td>496</td>
<td>11.52</td>
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<td>65</td>
<td>118</td>
<td>36.6</td>
<td>154</td>
<td>161</td>
<td>360</td>
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<td>F</td>
<td>64</td>
<td>117</td>
<td>37.4</td>
<td>192</td>
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<tr>
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<td>F</td>
<td>68</td>
<td>135</td>
<td>42.6</td>
<td>177</td>
<td>186</td>
<td>467</td>
<td>10.37</td>
</tr>
</tbody>
</table>

| Mean    | 16.78 | 173.2 | 475.3 | 10.37 |
| Standard Deviation | 15.7 | 13.9 | 99.8 | 2.42 |

Lab HR Max = max heart rate during lab test
Workout HR Max = max heart rate during Spinning workout
Figure 1. Time History of Heart Rate During A Spinning® Ride

Time: 00:00:00
Heart Rate: 120 bpm
About the Author
Herman Falsetti, M.D.

• Board-certified cardiologist

• President of Health Corp in Irvine, California, specializing in sports medicine, fitness and wellness

• Former Professor of Cardiology at the University of Iowa

• Physician to members of the 1984, 1988, 1992 and 1996 Olympic bicycling teams and top professional athletes

• Author of over 180 scientific articles including 10 books and chapters

• First American to finish Paris-Brest-Paris ultramarathon cycling race twice (1975 and 1979 in France)

• Dr. Falsetti’s wife is a triathlete who has completed the Hawaii Ironman Triathlon and is an avid Spinning® program participant.

Spinning® Instructor Manual, Appendix B1

For more information, visit www.spinning.com.
The calories burned estimate in Health Mate is a mess. I had a 33 minute high intensity interval training workout where my heart rate averaged 146 beats per minute that was estimated to burn 154 kcal. Immediately following I did a 30 minute yoga session where my heart rate averaged 123 bpm that was estimated to burn 159 kcal. I need to stress, it was a restorative yoga session, designed to recover from a hard workout, with my heart rate steadily declining. Even though many activity and fitness trackers give an estimate on how many calories you burned in a certain workout, most of them are very inaccurate, the formulas they use are very unreliable, especially when you don't take into account VO2max. Calories burned spinning calculator - enter your weight, duration time of spin class and intensity of your spin session to calculate calories burned. High: You are out of breath and could not talk while doing your Spinning workout. The calculator will give you an estimate of the number of calories burned based on average metabolic rates. Spinning Calories Burned Calculator. Weight. lbs. Calories Burned Calculator. Run Walk Pace Calculator. Races & Places. I think heart rate training really helps make your easy workouts easier, your hard workouts harder, and ensures that you’re actually working out at the correct intensity for your goal, says Becca Capell, a NASM-certified personal trainer and head of product at iFit. This content is imported from {embed-name}. You may be able to find the same content in another format, or you may be able to find more information, at their web site. What Exactly Is Heart Rate Training? Heart rate training uses your heart rate, measured in beats per minute (bpm) or as a percentage of your maximum heart ... Spinning gets a lot of street cred as one of the best calorie-blasting exercises, and not without good reason. Depending on factors like your weight and the intensity of your effort, a single one-hour class can help you scorch about 400 to 600 calories. It’s all about what type of workout will push you to work harder and raise your heart rate higher. If you’re thinking of hopping off the iron horse and trying something new, consider these five cal-crushing alternatives for an even more rewarding sweat sesh. Rowing. Jumping rope doesn’t just burn calories; it also helps improve bone density and develops agility and balance, says Kernen. Plus, you can do it anywhere. The best part? You already know how it’s done. How Many Calories Should You Burn During a Workout? Let’s start with the most straightforward benchmark: if you're simply trying to maintain your weight, you don't have to worry as much about your calorie burn. Just aim to exercise for 150 minutes per week, or 30 minutes, five days a week, explained Holly Perkins, BS, CSCS, author of Lift to Get Lean and creator of The Glutes Project. (This is the standard recommendation for heart health.) If your goal is weight loss, you'll need to track your calories more carefully. Of course, the most accurate way to track your calorie burn is with a heart rate monitor, which can be programmed with stats like your height, age, weight, and BMI. Still, Holly cautioned against getting too wrapped up in the numbers.
How Many Calories Should You Burn During a Workout? Let’s start with the most straightforward benchmark: if you’re simply trying to maintain your weight, you don’t have to worry as much about your calorie burn. Just aim to exercise for 150 minutes per week, or 30 minutes, five days a week, explained Holly Perkins, BS, CSCS, author of Lift to Get Lean and creator of The Glutes Project. (This is the standard recommendation for heart health.) If your goal is weight loss, you’ll need to track your calories more carefully. Of course, the most accurate way to track your calorie burn is with a heart rate monitor, which can be programmed with stats like your height, age, weight, and BMI. Still, Holly cautioned against getting too wrapped up in the numbers. The fat-burning heart-rate zone is a myth: How exercise and weight loss really work. (iStock). By Scott Douglas. Dec. 18, 2018 at 6:31 p.m. UTC. Walk two miles in an hour, and you’ll burn about 200 calories, with roughly 140 of them fueled by fat. Cycle moderately for that time, and you’ll burn about 500 calories, with about 250 of them fueled by fat. So you’ll burn more calories and more fat. When I worked with people in a gym, I would tell them, “Ultimately, it’s a matter of calories; the fat burn will take care of itself.” Breen says. A gentle jog or easy spin is a great way to clear your head, get reenergized, improve your health, spend time with friends and family, and, yes, burn some calories. Mix it up, Breen says about structuring your workouts. Calories Burned in Spinning. Spinning is one of the most popular workouts across the country right now. It is also known as studio cycling and is a great way to make your heart stronger while toning your legs. Spinning classes usually involve up to 20 participants sitting on special stationary bikes. They have a unique weighted flywheel which will pick up your speed while pedaling. You can increase your sweating and calories burned by working out in a hotter room. In fact, if you spin in a room that is heated, you may burn as many as 1,000 calories in just 55 minutes! 3. Increase the Resistance. The interval training structure helps burn more calories since your heart rate rises and stabilizes. 2. Zumba. Zumba is another incredibly popular and effective way to burn calories.