# TikTok users warn of rare muscle injury risk from intense indoor cycling classes



A young woman known as “Sav” on TikTok, who has amassed more than five million likes on her videos, recently shared a distressing experience after participating in just 15 minutes of a popular indoor cycling class called CycleBar. She revealed that the brief session had resulted in a rare but serious muscle injury known as rhabdomyolysis, commonly referred to as "muscle death disease." Sav was hospitalised for five days and lost the ability to walk, describing her muscles as feeling “dense” and hurting “in a way that’s not just soreness.”

In her video, Sav warned her followers, “Literally did 15 minutes of CycleBar class and gave myself the muscle death disease now I’m in the hospital. Beware of cycling you might get rhabdo (rhabdomyolysis).” This incident has drawn attention to an increasing number of young women on social media reporting similar experiences of intense exercise triggering rhabdomyolysis.

According to the Cleveland Clinic, rhabdomyolysis is a rare muscle injury where muscle tissue breaks down rapidly, releasing damaging proteins into the bloodstream which can lead to kidney failure and other life-threatening complications. It can occur after significant physical trauma or excessive exercise without adequate rest. The Clinic advises that anyone experiencing symptoms such as weak and sore muscles or changes in urine colour should seek immediate medical attention.

Another TikTok user shared a chilling perspective hours before being hospitalised, stating, “She doesn’t know it yet but in 36 hours that will be the last shift with her patients, she will lose the ability to walk independently, the muscles in her lower extremities will die and her kidneys and the rest of her entire being will fight to survive.”

Miss Jane, another creator on TikTok, recounted her diagnosis with rhabdomyolysis after returning to the gym following a lengthy break. She emphasised the necessity of pushing the body very hard to trigger the condition. Brynn Mapes, who filmed herself from a hospital bed after a strenuous leg workout, described feeling “destroyed” by the illness.

Doctor Tommy Martin responded to Brynn’s video by highlighting the risks of excessive workout intensity. “Being so sore you cannot function is not the sign of a good workout….. likely a sign that you went way too hard and now likely have set yourself back some,” he wrote. He added that although rhabdomyolysis from strength training is relatively rare, it can occur, particularly if a fitness programme is started too aggressively or without proper communication of fitness levels.

Other commenters on Sav’s video reported symptoms consistent with rhabdomyolysis, including “dark coloured pee, swelling in the affected limbs,” and excruciating pain when trying to stretch muscles. One user, Sarah, questioned why individuals who do not exercise regularly were participating in high-intensity classes, asking, “Why are people who don’t exercise regularly just waltzing into high intensity level workout classes is my question.”

The Mirror has approached CycleBar for comment regarding these incidents and the potential risks posed by the exercise classes.

This wave of young women sharing their experiences has brought increased public attention to rhabdomyolysis linked to intense workout sessions, particularly in settings like spin classes, where participants may push themselves hard without being fully aware of the risks involved. Medical experts continue to advise caution with high-intensity exercise, especially for those who are not accustomed to such demanding physical activity.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. [https://www.tiktok.com/@stupidblonde887/video/7478095466115124510](https://www.tiktok.com/%40stupidblonde887/video/7478095466115124510) - Supports claims about rhabdomyolysis symptoms and risks from intense cycling, corroborating Sav’s experience and the broader discussion of exercise-related muscle breakdown.
2. <https://www.tiktok.com/discover/spin-class-rhabdo> - Validates reports of rhabdomyolysis cases linked to spin classes, aligning with incidents described by Sav and others in the article.
3. <https://www.tiktok.com/discover/girl-in-hospital-from-cyclebar> - Directly corroborates hospitalization cases from CycleBar classes, including symptoms like muscle breakdown and mobility loss described in Sav’s story.
4. <https://www.tiktok.com/discover/rhabdo-from-spin-class> - Further evidence of rhabdomyolysis risks in spin classes, supporting the article’s emphasis on workout intensity and inadequate hydration as contributing factors.
5. <https://www.tiktok.com/discover/cyclebar-injury> - Demonstrates personal accounts of injuries from CycleBar sessions, consistent with Sav’s and other creators’ experiences of overexertion leading to severe health issues.
6. <https://my.clevelandclinic.org/health/diseases/21184-rhabdomyolysis> - Provides official clinical information on rhabdomyolysis (as referenced in the article), detailing causes like excessive exercise and symptoms such as muscle soreness and kidney complications.
7. <https://www.mirror.co.uk/news/health/i-15-minutes-popular-exercise-35104191> - Please view link - unable to able to access data