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Fitness Pro Conventions



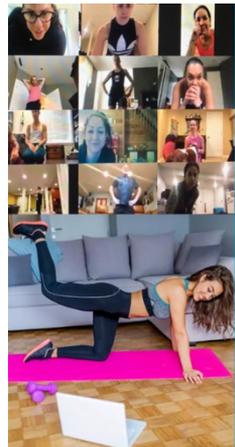
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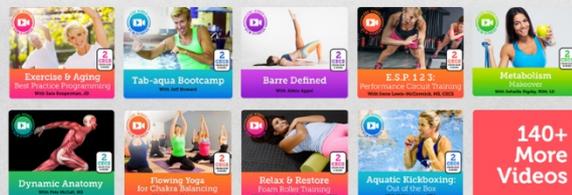
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- ACTIVE AGING
- ACTIVE AGING NUTRITION
- AQUA BARRE
- AQUATIC EXERCISE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HIIT
- KETTLEBELL
- KIDS IN MOTION
- LIFESTYLE & BEHAVIORAL COACHING
- MEDITATION
- MIND BODY FUSION
- MOMS IN MOTION
- NUTRITION, HORMONES & METABOLISM
- PERFORMANCE STABILITY TRAINING
- PERSONAL TRAINING
- PILATES MATWORK
- PILATES SMALL APPARATUS
- SMALL GROUP TRAINING
- SOCIAL MEDIA
- SPORTS NUTRITION
- TAI CHI
- WATERMOTIONS
- WEIGHT MANAGEMENT
- YOGA I & II



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Schwinn® Cycling: It's All About the BASE

It's official - The fitness world has crowned HIIT as the only way to get fit and see results. No doubt - HIIT is a super effective way to train. But, according to research, it should only make up approximately 20% of total weekly training volume. What's a cycle coach to do with the other 80%? The answer is simple: endurance based training. While endurance based training isn't a hip new, quick fix fitness craze, it is a proven way to help you increase aerobic capacity, relieve stress, increase wattage and get fitter. This much needed workshop shines a light on the "Anti-HIIT Workout" that will have your riders going harder for longer, translating to higher wattage output and bigger calories across the board. How could it get any better? Learn the secrets of creating and delivering Anti-HIIT workout stages and classes sure to delight every rider in the room!

1. Introduction

- a. Why Anti-HIIT?
- b. Why now?

2. Fitness guidelines

- a. Substantial health benefits
- b. Extensive health benefits
- c. 80/20 rule of training

3. Class planning guidelines

- a. Schwinn's coach's pyramid
- b. Intensity zones
 - i. Anaerobic options - benefits
 1. The HIIT truth
 - 1) Time
 - 2) Enjoyment
 - 3) Why hard?
 - 4) Increases VO2 max but can reduce overall endurance level
 - 5) Possible risk of injury
 - ii. Aerobic options - benefits
 1. The Anti-HIIT truth
 - 1) Reduces HDL and LDL cholesterol
 - 2) Reduces risk of overtraining
 - 3) HIIT results vary based on fitness Level
 - 4) Elite athletes play by the 80/20 rule
 - 5) All fitness levels will benefit from the 80/20 rule

4. Class delivery

- a. The ride
 - i. The hard mix
 - ii. The character builder
 - iii. The long haul