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## Schwinn® Cycling: Train Right 2 Ride Right

If you are going to do it all, do it right! When it comes to Indoor Cycling, our motto at Schwinn is Ride Right. And while we love motivating the masses on the bike, we also know that what we do off of the bike is an integral part of a well-balanced fitness program. This workshop takes a good look at the ranges of motion and common muscular imbalances involved in indoor cycling, and arms you with the tools to create complimentary flexibility and strength based programs to counter the riding position on the bike. You will experience 2 different cross-training programs that integrate mobility, strength and cardio while staying true to the promise of doing it right.

1. Introduction
  - a. How can we do it all and do it right on and off the bike?
2. Overview of hybrid/fusion and on-the-bike "one stop shop" workouts
3. Ride right: indoor cycling as a workout
4. Train right: strength training as a workout
  - a. Why we should move off of the bike?
    - i. Education – the science
      1. Planes of motion and joint actions
      2. Principles and guidelines for strength training
    - ii. Limited exercise selection on the bike
      1. Gravity and line of pull
      2. Open chain vs. closed chain
5. Cycling science
  - a. Anatomy and range of motion
  - b. Common muscular imbalances
    - i. Complimentary strength and flexibility exercises to counter the riding position on the bike
6. Benefits of mobility & strength training off of the bike for Indoor cyclists
  - a. Prevents injury due to overtraining and muscular imbalances
  - b. Improves performance
  - c. Helps accomplish weekly recommendations for strength training
7. How to design and deliver effective cross training programs?
  - a. Pure: everyone rides together + everyone gets off of the bike and does strength, mobility and flexibility training together
  - b. Circuit with partners: alternating cycling & strength sets (one partner rides, while other partner does strength work on the floor)
8. Equipment, precautions and challenges
  - a. Space
  - b. Best program for population: pure circuit vs. partner circuit
  - c. Spinal extension, ROM in opposition
  - d. Equipment: bands & body weight
9. The workout
  - a. 20-min group ride + strength & mobility + flexibility
    - i. 10-min ride | 10-min strength, mobility & flexibility
  - b. 20-min partner circuit – 4 rounds of ride+ strength, mobility & flexibility
    - i. Partner 1: 3-min on bike | partner 2: 3 exercises off bike, 1-min each