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1

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2

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3

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4

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5

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6

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7

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8



# Schwinn® Cycling The Magic Of Music Class Design

**Total Time:** 45 min.

**Big Picture/Description:** Rhythmic ride. Each song uses basic chorus/verse structure to increase & decrease intensity

The FRAME Music	The CORE					The FRAME Coaching/Motivation
	Stage/ Time	Intensity/ Time		RPM/Technique		
Send My Love (Ranny's Peak Hour Mix ADele	WU 7:26	Easy Moderate	0-2:00 To end	70-110	Combo	Add resistance until you find the push point at the front of the pedal stroke.  We will be doing four 30-second seated pushes to get the body warm and ready for the workout.
Dance Lumidee vs. Fatman Scoop -	1 5:51	Moderate Hard	Verse Chorus	65-90	Combo	A super fun mash up that is going to motivate us up this hill. Each time the chorus kicks in get out of your saddle and add a little gear. Just enough to feel a difference but not slow you down.
Sweet Child O Mine (Olga Ryzanova Edit) Gun N Roses	1 7:03	Hard	0-7:03	65	Combo	Steady and strong on this classic Guns N Roses song. A great sing a long song if you know the words. We are going to stay in the saddle until you hear the iconic riff that goes with this song. Think about how far you can get in the first 60 seconds. Remember resistance equals distance. Don't be afraid to turn that "results knob" to the right to get you as far as you can.
Got Your Number Serena Ryder	1 3:07	Moderate Hard	Verse Chorus	70-90	Combo	This song has an aggressive cadence and feel to it. As the music builds we will move out of the saddle during the chorus and sit back down for the verse.
Conga (John Revox Remix) Gloria Estefan	1 3:19	Moderate Hard	Verse Chorus	65-80	Combo	This is a great surprise and delight song! A classic with a great new EDM feeling remix. Use the verse to set them up and then have them work hard when the music drops.  This is one is a crowd pleaser!
Come Together Gary Clark Jr. & Junkie KL	1 3:13	Moderate		90-100	Combo	We are going to ride this one a little faster. Close to 100 RPM's while we move in and out of the saddle if you know the words I want to hear you singing them!  "Be sure to keep the beat while we move in and out of your seat"
Rise Up Remix Andra Day	1 3:32	Moderate Hard	0-0:46 :47-end	65	Combo	Utilize Chorus/Vere to create energy and intensity.

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Enter Sandman Hoel Fletcher & Reece Low Remix  Metallica	1 3:51	Moderate	65-90 Seated	Seated distance drill. We are going to hit the stage timer when I say "GO!" and the goal is to get at least 1-1.5 miles before the song is over.

Email



## Schwinn® Cycling: The Magic of Music!

Join Schwinn's music experts and dive deep into amazing technology available to make playlists memorable. The Magic of Music will explore the most popular places to find music AND the places the top instructors in the country use to find the best remixes and mashups to make their playlists memorable. We will also explore the most popular and user friendly music programs and apps on the market today. Get out your pen and let's get started!

### Music Research


### Music Sites


### Programs & Apps


### Making the most of your music

- Music mapping
- Verse / Chorus / Bridge
- Surprise and delight / when to do it for maximum effect.

Thank you!