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Schwinn® Cycling: Rhythm Done Right

When the music and coaching are spot on Rhythm Riding can be a magical experience. The RIGHT Rhythm ride doesn't need smoke and mirrors or unnecessary distractions. We will show you how to capture and captivate your riders the RIGHT way and provide your members with a memorable, results based, musically amazing cycling experience.

Introduction

What's up with the Rhythm Rage?

- Rhythm is not new
- It's simply marketing

WHAT is a Rhythm Ride?

- Work is perfectly paired with the music
- Creates emotion & energy
- Strong sense of musicality

Musicality

- The ability to perceive & reproduce difference in the aspects of music
- Musicality missteps common to indoor cycling

1. _____

2. _____

3. _____

HOW do you do Rhythm Right?

- Music Mapping
- Technique & Tempo
- Capitalize on both literal and perceived/emotional changes in phrasing

Musicality Magic

- Studies support the positive effects of connecting movement to music
- The future of Rhythm is in results based rides

Rhythm Roadmaps

- Motivates Riders
- Drives performance
- The work & the music become one

Beat Builds	Riding Technique	Performance Driver
Chase the literal or emotional musical crescendo of the song with a base BPM of 130-140	Seating	Increase RPMs as the tempo/feeling grows

Resistance Ramp Ups	Riding Technique	Performance Driver
Build your base as the song increases in power from base BPM of 130-160	Seated Standing Combo	Increase resistance in accordance with songs energy

Saddle Shifts	Riding Technique	Performance Driver
Riding technique & demand changes with verse/chorus with a BPM range of 130-180	Combo	Ability to increase RPM, resistance or both

Double Down~Double Time	Riding Technique	Performance Driver
Match tempo on Verse, Double time on Chorus for music that is 100-110 BPMs	Combo	Increase resistance standing, reduce resistance but increase RPM seated

Mash Up Melee	Riding Technique	Performance Driver
Take any mash up, pick one artist for work, one artist for recovery or mix it up just like the artists do!	Seated Standing Combo	Increase work demand (resistance/RPM/Both) on one of the two artists.

Dueling Duo	Riding Technique	Performance Driver
Split Room into teams – one representing each artist. When each team's artist is on the mic, they work. *requires custom music	Seated Standing Combo	Increase work demand (resistance/RPM/Both) for the team in the battle.

Rhythm Chaser	Riding Technique	Performance Driver
Fartlek drills created by natural rhythmic/energetic musical changes with a BPM range of 120-180	Seated Standing Combo	Ability to increase RPM, resistance or both with opportunities for recovery within the drill

Rhythmic Recovery	Riding Technique	Performance Driver
Dissociate from the work & recover the breath at a BPM range of 100-130	Seated	Posture breaks and full recoveries



Schwinn® Cycling Rhythm Done Right Class Design

Total Time: 45 min

Big Picture/Description: When the music and coaching are spot on Rhythm Riding can be a magical experience. Get ready to use musicality to drive the work. Captivate your riders the RIGHT way and provide your members with a memorable, results based, musically amazing cycling experience.

The FRAME Music	The CORE			The FRAME Coaching/Motivation
	Stage/ Time	Intensity/ Time	RPM/Technique	
In the Air ~ Morgan Page (5:08)	Warm Up 5:08	Easy 0:00 – 1:50 Moderate 1:51 – 4:00 Hard 4:01 – 5:08	60 - 70 Seated/Standing	Observation: Get ready to heavy up that pedal stroke and grind those gears from easy to moderate to hard work. Along the way, get inspired by your rising wattage as you move through each zone of work. Find the beat & push point and identify your baseline wattage. Never let it drop below that point for the rest of the ride. Prepare those legs for the work & Ride Right.
New Rule ~ Dua Lipa (3:28)	Stage 1 9:49 Saddle Shift	Moderate 0:00 – 0:41 Hard 0:42 – 1:00 Breathless 1:01 – 1:16 Moderate 1:17 – 1:41 Hard 1:42 – 2:00 Breathless 2:01 – 2:16 Moderate 2:17 – 2:33 Hard 2:34 – 2:52 Breathless 2:53 – 3:28	55 - 110 Seated Standing Seated Seated Standing Seated Standing Seated Standing Seated Standing Seated	Challenge: Can you leave the resistance, chase double time in the saddle by adding RPMs without going breathless? Your last effort is you're longest. You're not tired, you're trained. You've got this!
Madonna vs. Gaga (6:21)	Dueling Duo	Set Up Teams 0:00 - 0:21 Breathless/Mod 60/60 x 3 Mod/Breathless 60/60 x 3 Relay	70-90 Seated	Observation: Check max power on each minute interval push Goal: Meet or beat max power on each remaining interval. Cheer for your team and keep your eye on the prize – let's go!
Lick It ~ Skrillex (3:34)	Stage 2 12:10 Rhythm Chaser	Easy 0:00 – 0:22 Moderate 0:23 – 1:08 Breathless 1:09 – 1:39 Moderate 1:40 – 1:54 Brake/Easy 1:55 – 2:43 Hard 2:44 – 3:34	65 - 105 Seated Standing Seated Standing Seated Standing Seated Standing	Observation: Honor the zone and the beat and watch the changes in power. Life is unpredictable. So are these intervals. Embrace the chaos and crush this.

Email



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Official site



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<http://corehandf.com/>



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Baby I'm a Star ~ Prince (4:16)	Beat Build	Moderate	0:00 - 1:31	70-100	Standing/Seated	Observation: Find the zones and the spaces in between and work the threshold build by increasing your RPMs. This song has an energy the continuously rises. Feel the music & let your RPMs move with it.
		Moderate/Hard	1:32 - 2:34			
		Hard	2:35 - 3:47			
Hip Hop Hooray ~ Naughty by Nature (4:20)	Rhythmic Recovery	Hard/Breathless	3:48 - 4:18	50-60	Standing/Seated	Observation: Can you hold on to the beat but let go of the work? Dissociate from the work and recharge your battery. Sway, sing and find renewed strength for your last stage of work.
		Easy/Moderate	0:00 - 1:00			
		Dissociation	1:01 - 1:20			
No Roots ~ Alice Merton 3:48	Double Down ~ Double Time	Easy/Moderate	1:21 - 1:59	55-110	Seated	Observation: Notice your wattage in and out of the saddle. Goal: Increase your wattage seated What do you do when the going gets tough? Do you double down on your effort or do you give in? The choice is yours.
		Easy/Moderate	2:00 - 2:18			
		Dissociation	2:19 - 3:15			
		Easy/Moderate	3:16 - 3:35			
		Dissociation	3:36 - 4:20			
		Water/Reset				
		Easy	0:00 - 0:28			
		Moderate	0:29 - 0:53			
		Hard	0:54 - 1:26			
		Moderate	1:27 - 2:07			
Breakin a Sweat ~ Skrillex & The Doors (5:30)	Mash Up Melee	Hard	2:08 - 2:40	60-80	Rider Choice	Observation: Set your stage timer on your first 1 min hard effort. Challenge: Could you meet or beat your distance on each remaining 1-minute hard push? You have 1 round to practice, one round to perfect and one round to push. Let's go!
		Moderate	2:41 - 3:15			
		Hard	3:16 - 3:48			
		Set Up	0:00 - 0:25			
		Hard	0:26 - 1:26			
		Moderate	1:27 - 2:27			
		Hard	2:28 - 3:28			
		Moderate	3:29 - 4:29			
		Hard	4:30 - 5:30			
		Let the Music Move You Alyssa Kayhill & The Night Shift (3:46)	Cool Down			
Easy	1:37 - 3:46					
Active/Dynamic Stretch	0:00 - 3:14					
H.O.L.Y. ~ Florida Georgia Line (3:14)						

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