

GETTING STARTED

**LET'S
MOVE!**

WHAT IS IT?

Group Ride® is a 60-minute cycling experience brought indoors that will get you heart, lung, and leg strong. Inspiring music sets the pace and creates the terrain as you roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! *RIDE ON!*

WHAT WILL I DO?

The "Ride" consists of ten tracks that make use of different terrains, speeds, and intensity levels to create a fun and highly effective cardiovascular workout. You will train a variety of speeds, resistance levels, and cycling positions that are all based on cycling principles. The speeds are controlled to ensure that everyone can "keep up." As your fitness level and your confidence increase, you can crank up the resistance to challenge yourself even more. The ten tracks have a specific training objective:

1. **RIDE** – We jump on our bikes and begin the ride! Music kicks in, a few hellos to your neighbors, legs start turning over, and your body starts to get warm as you run through the cycling positions and techniques that will be used during the hour.
2. **TERRAIN** – The intensity begins to increase, and the workout feels like it really gets started. Sometimes the terrain is flat, sometimes it's hilly, or maybe a mix of both, but it's always an exciting ride.
3. **ROLL** – The pace comes down but the intensity does not. Rolling hills keep the physical intensity of the ride rising, while turning the workout feel toward strength-training.
4. **INTERVALS** – Repeated working sections, with quick recoveries between, push you toward higher intensity to increase your endurance.
5. **CHASE** – Get in the race, get out of breath, and challenge your fitness! The first physical peak of the workout improves your endurance by motivating you to break away from the pack.
6. **SPIN** – An opportunity to pull back the intensity and gather yourself, but also an opportunity to pick up the pace if you want to train endurance with smooth, quick pedaling. This is the calm after one storm and before the next one.
7. **CLIMB** – The road turns upward. The feel returns to strength. You'll notice the results in your legs from the heaviest resistance of the workout, as you challenge yourself to reach the top of a mountain peak.
8. **SPRINT** – With just four minutes of work left, you'll empty your tank in a race to the finish line. You'll finish this energetic sprint feeling spent but exhilarated.
9. **CELEBRATE** – You'll feel a sense of accomplishment as you look back on your workout while you take an easy spin to cool down from a great ride.
10. **STRETCH** – Wrap up your recovery and relax from your ride with some stress reversal for your muscles to make sure you'll walk as tall as you feel.

IS IT FOR ME?

If you want to improve your cardiovascular fitness, burn calories, burn fat, shape and strengthen your lower body, and have fun doing it, then Group Ride is for you. Group Ride attracts people with all different levels of exercise experience, fitness, and exercise goals because you control the intensity of your workout by adjusting your own bike during class. Group Ride is ideal for:

- ▶ Men and women, conditioned or deconditioned exercisers, and those with or without cycling experience
- ▶ New exercisers looking for simplicity and the ability to work as hard as they want

- ▶ Avid cyclists looking for an indoor, off-season, or bad-weather-day cycling option
- ▶ Anyone looking to add variety to their workout
- ▶ Anyone looking for a low-impact option to build cardiovascular fitness

HOW OFTEN SHOULD I DO IT?

Group Ride is a cardio workout, so you can do it once a week in conjunction with other workouts or you can do it most every day as your primary exercise routine. A beginner to exercise would not want to do too much too soon, but as fitness levels and the ability to recover improve, workout volume and intensity can increase. How you feel is the best gauge of your body's recovery requirements between workouts.

HELPFUL HINTS?

Just remember that it will only be your first workout once. After attending Group Ride three times, you will start to feel like a pro. These tips will ensure your success and enjoyment:

- ▶ Wear appropriate workout clothing that is loose or flexible in the legs and in which you are comfortable getting sweaty. You will sweat a lot in Group Ride!
- ▶ Bring a towel and a large water bottle.
- ▶ Cycling shorts, while not absolutely necessary, are padded and give a little extra comfort where needed.
- ▶ Regular workout shoes work fine for Group Ride, but some choose to invest in cycling shoes once they are hooked, as these give you a more efficient and more powerful pedal stroke. Cycling shoes are also more comfortable and reduce foot fatigue and cramping.
- ▶ Arrive 15 minutes before Group Ride and introduce yourself to the instructor. Most importantly, the instructor will help you set up your bike, but he or she will also let you know what to expect and answer any questions you may have.
- ▶ It is not necessary to be up front, but choose a bike where you have a clear view of the instructor.
- ▶ Speak with the instructor at the end of Group Ride to ask questions and to check in about your experience.

HOW WILL I FEEL?

It is perfectly normal to feel apprehensive and nervous before your first Group Ride workout. Most of us do not like to be "new" at something. Learning the feel of the bike seat and how to ride a stationary bike may take a bit of time. It is good to attend your first few workouts with this simple objective in mind: try not to concentrate so much on the quality of your workout — that will come later as you become more familiar with Group Ride.

During your first few workouts, remind yourself that you have to start somewhere. Keep in mind that the goal is to elevate your heart rate, and as long as you keep moving you are doing that. Success is all about increasing your fitness and workout intensity over time, not about doing it all in one workout. In addition, your rear end may feel uncomfortable in the beginning, but you will adapt and become more comfortable.

After Group Ride, know that your muscles may be sore. This is because your body is adjusting to the demands of the new activity. It is perfectly normal. Once your body begins to adapt and you become more comfortable with the equipment, the terminology, and the flow of the workout, you will find that Group Ride is fun and addictive!

WORK
HARD



GROUP
RIDE

PLAY
HARD