

SESSION # 4407

KEISER GROUP INDOOR CYCLING HIP HOP RIDE

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Overview: We all know that hip hop has a driving beat! But, why? In this class, we'll cover some music basics then "rap" everything together for a smooth musically driven class. Knowing how to use the music and adding a twist of cycle-know-how will make you a cycling mix master! Get ready to "Lose Yourself" and "Push It"!

History of Hip Hop

The 1970's brought a cultural movement among Latino and African Americans living in New York City. The 2000's Hip Hop's popularity grew even more. Although it is not as popular as it once was, it still remains an influential force in the music industry.

DJ Afrika Bambaataa is known as the pioneer of hip hop music. He brought the foundations of hip hop including knowledge, graffiti writing, breaking, DJ'ing and MC'ing. He introduced key elements such as slang, hip hop fashion, and beatboxing.

DJ Clive Campbell, better known as Kool Herc, brought his Jamaican flair of toasting, which is the use of impromptu sayings and poetry while a steady beat played.

At the end of the 70's, hip hop gained in popularity. In 1982, the group Soulsonic Force release a single entitled "Planet Rock." This song was headed by Afrika Bambaataa and show off electro-funk music. The song also featured synthesizer technology and an enhance drum machine.

What Does Hip Hop Teach Us?

Empathy – Through its lyrics, hip hop teaches us to be more patient and understanding of others.

Motivation – The music gets you the inspiration you need to move forward in life.

New Vocabulary – Where else can you learn how to put words together that normally wouldn't go together?

Confidence – Where else can you get to be the boss?

Types of Hip Hop

Boom-Bap

Popular in the mid to late 90's

Street focused rhymes with hard hitting beats with drums

Storytelling and strong technical ability of the emcee

Trap

Most popular form today

Rooted in Southern hip-hop of the early 90's

Content centered around life in the "trap" consisting of drugs, violence and experiences of living in the inner-city communities



Gangsta Rap

Originated in California with a huge impact in the 90's

Strong commercial appeal that brought a great deal controversy because of its focus on violence and gangster life in LA.

Alternative/Conscious Rap

Promotes knowledge of self and awareness on social issues

Smoother more laid back than traditional hip hop

Lyrics focuses on historical content

Melodic Rap

Extremely influential the past several years

Vocal talents with bass-heavy sounds

The new rap, still evolving

Drake is example

Sample Cycle Class

Warm Up – prepare the class for work

Fast Flat – increase gear every minute

Hill Climb – steady cadence with moderate to high resistance

Interval – standing to seated work ratios

Hill Climb – steady cadence with moderate to high resistance

Peak Power – 3 chances to hit maximum power

Steady Flat – steady intensity at FTP

Recovery – bring heart rate down

Let's RIDE!