

SESSION # 4507

KEISER GROUP INDOOR CYCLING BEAUTY AND THE BEAT

Presented by: Buddy Macuha

Overview: Musically-driven classes are very popular on group fitness schedules. They motivate members by working with a variety of tempos, rhythms and music styles. Most instructors get involved in teaching by following the rhythm of the music. The challenge is how to incorporate technology into our classes without being too technical. In this workshop, we'll combine the beauty of indoor cycling and the beat of the music!

Indoor Cycling and Music

Working with the beat of the music: Using the beat to drive cadence

- understanding 90rpm = 180bpm using downbeat
- can use 90bpm – song will feel slow for cadence
- can use $\frac{3}{4}$ time – will have a feel of the beat and allow more musical options

Finding the Message: sometimes it's just using the message of the song to work with your drill/goals

Using layering within a song: use obvious (or not so obvious) musical layering to layer in intensity via cadence or gear

Chorus and Verse: play with one intensity on verse, one on chorus

Style: using a 'hard metal' song may push you up a hill; using a hip-hop song may get you in a mental zone

Playing off lyrics: using a short phrase or single word to drive an action or intensity

Just 'feel': the ability to play a song and allow participants to feel it, ride it

Play or work?

Enough?

Indoor Cycling and Technology

Different Metrics: Cadence (RPM), Watts, Kcals, Heart Rate, Distance, KJs

RPE/Zones: Tying RPE and Power zones to metrics

Performance: Technology often ties into more performance-based, athletic or sport-specific style training

Testing: Enhances baseline testing in order to set goals and/or see improvement

Drive: Tends to push participants seeking improvement

Goals: Helps set and realize goals

Work or play?

Too much?

Integration Tips

Simplify class goal: Set an overall class goal that can be stated in one brief sentence

Ride stages: Split ride into 2-4 stages; each stage can be driven by any of the following:

- Style or feel of music
- Type of music utilization
- Looking at ONE piece of data/tech
- Multiple songs, all using same message or key word

Prioritize: Decide ahead of time main focus of each stage (ex: emphasize 'Push' in a song as priority and say something simple regarding intensity of data)

Short and sweet tech: Keep tech cues simple

- add 10% more watts, bring it back; repeat 10
- find 5-10 more RPM, add again, max out

LET'S RIDE!

www.keiser.com/education