

SESSION # 3307

KEISER GROUP INDOOR CYCLING INTERACTIVE GAMES

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Overview: Experience Keiser's latest interactive technology and take your classes to another level! By combining visual graphics and a rider's information, you can see your individual progress, compete in partner and team games, and test your skills against other riders in the class. You'll be tested in ways you never thought possible while seeing if you've got what it takes to finish on top! It's time to play!

Why?

1. Interactive: Allows members to interact with each other and get real time information.
2. Accountability: Members stay honest about their output.
3. Commitment: Members see results and begin to set goals.
4. Visual: Members get to see how they compare to others in the class.
5. Self-motivated: Members can work as hard as they want and can decide to watch and not participate if they choose.
6. Fun for the Instructors: Instructors can create games and take their teaching to another level.

How?

Game Setup:

Individual Options

- Power mode
- Energy/KJ mode
- Distance mode
- Unranked vs Ranked
- Cadence Dials

Team – 2, 3, or 4

- Kcal or KJ mode
- Distance mode

Components of the Class

Warmup

- 5-8 minutes
- Prepare the students and explain screen
- Start unranked
- Switch to ranked to help them understand what we're going to do

Perform Functional Threshold Power (FTP) test to establish baseline watts

- All-out effort for 5 minutes
- Average watts used to set up teams
- Recovery 2-3 minutes

Individual Game (watts, unranked): Flat Road, MXM, 5 min, increase watts every minute

Recovery 1-2 minutes



2 Team Game: Hill Repeat, 2:1 ratio - 3 rounds

(R1: kJ, R2: distance, R3: kcal)

Recovery 1-2 minutes

Individual Game (circles, cadence): RPM game, Instructor Choice, 5 min

Recovery 1-2 minutes

4 Team Game (kJ): 1:1 - 3 rounds, winner will be the team who has most kJ's in 1 min

R1: seated, R2: standing, R3: rider's choice

Recovery 1-2 minutes

Individual Game (circles, % FTP): Zone Game, Instructor Choice, 5 min

Recovery 1-2 minutes

3-Team Game (distance): 5 minutes all out, winner will be the team with most distance

Recovery 1-2 minutes

Cooldown

- Unranked vs Ranked
- Leaderboard
- Show Teams (depends on game setup)
- Class Summary
- Have everyone applaud at the end!

Keys to Success

- Gameshow Host – introduce the game and the contestants
- Call out numbers and encourage with names
- Be energetic for the participants
- Encourage everyone regardless of end result
- Have fun!

Let's Ride!