



Schwinn® Cycling: Dry Tri - Beast Mode Fusion

Fusion workouts are all the rage and this daring trifecta of cycle, rowing and functional fitness is designed to push your limits. Let Schwinn show you how to do it right while taking the workout to the next level. Bring your beast mode to heart pounding cardio modalities with smart muscle conditioning for strong, balanced bodies ready for any challenge. Time to dig deep and throw down like a true warrior.

Fact Checking On-the-Bike Fusion

- Total Body or Total Myth?
 - ✓ Authentic Yes No
 - ✓ Effective Yes No
 - ✓ Safe Yes No

Why is it important to balance cycling with other activities?

1. Foundational Fitness Components: cycling is cardio
2. Biomechanics: Repetitive activity in a limited range of motion
3. Function: functional movement requires movement in all planes of motions that mimic prime movement patterns
4. Loaded Movement: cycling is an open chain exercise

The Power of Three

- Balanced: Cardio - Strength – Power
- Functional: Movement Planes ~ Energy Systems ~ Unpredictable
- Engaging: Variety – Time - Measurable



Schwinn® Cycling: Dry Tri – Beast Mode Fusion

Beast Mode Fusion

How to design a Results Drien Fusion Formats?

1. Choose the exercises missing in cycling
2. Prioritize the exercises based on biomechanical stresses, rangMe of motion and function
3. Build exercise delivery based on time, space and equipment available

Cardio	Strength	Power
Aerobic Base	Functional – All Planes	Measurable
Easy, Moderate	Frontal & Transverse	Motivating
Aerobic Threshold	Posterior Chain	Metabolic
Hard & Very Hard	Extension	True High Intensity

Dry Tri Fusion Formats:

1. Ride – Load - Row
2. Ride – Load - Run
3. Ride – Load – Agility/Speed
4. Ride – Core – Mobility (Recovery Workout)

Dry Try Class Design

1. Warm up + Aerobic Base Ride
2. 12 minutes of Aerobic threshold, loaded functional movement & Core
3. 4 minutes of metabolic power
4. Cool Down