



SESSION #3328
KEISER GROUP INDOOR CYCLING

TRIFECTA: TOGETHER
EACH
ACHIEVES
MORE

Presented by: Linda Freeman-Webster, Buddy Macuha and Krista Popowych

Join Keiser for a TEAM ride that will both inspire and motivate you. From a profile that will take you across various terrains, to the addition of technology for added incentive and fun, experience the unique teaching style of our award-winning Master Trainers for a ride where we each truly can achieve more, together. Are you ready to join our trifecta?

Foundations of Instructing

- Knowledge + Connections + Communication

Creating the Ride

- Who is attending your classes?
- What do your participants really want?
- Developing the team experience

Rider Profiles

Ri1

- Do you like to work at challenging intensities? Do you love structure to a drill?
- A rider who enjoys working hard and likes the extra push
- "Intensity-Driven"

Ri2

- Does a great song make you want to get up and move? Is riding with the beat of the music motivating?
- A rider who is all about the 'experience'
- "Beat-Driven"

Ri3

- Does setting and achieving metric-based goals motivate you? Do you like to see your results and know if you have improved?
- A rider who is goal and results-orientated
- "Goal-Driven"

TRIFECTA RIDE

Rush: Interval focused, covering all terrains and delivers HIIT in an empowering and fun way.

Rhythm: Beat focused, connecting with the rhythm and pulse of the music for an energizing ride.

Race: Goal focused, delivering challenging terrains and metric-focused drills in an effective way.

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