

SESSION #3428

KEISER GROUP INDOOR CYCLING SING: LIGHTS, CAMERA, ACTION!

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Back by popular demand! Step up to the stage, get on a bike, and let the performance begin! Indoor cycling is all about balancing the elements of solid riding, commanding the group and creating a memorable experience. Create a memory in this session, sing your heart out and have a few laughs as you join other riders and sing and cycle to your favorite songs, past and present.

Why Do A Cycle Dance Party?

- Fun
- Different
- Party
- Show
- Entertaining

Keys For Creating The Party


- Pumping music
- Setting the ambiance
- Dim the lights
- Music on before the class starts
- Supplies (i.e. glowsticks)
- Optional lighting
- Dressing the part

You as the DJ

- Choice of music
- Setting up your "set"
- Warm-up, middle and the end
- Continuous versus single selections
- Pro's and cons
- Understanding timing
- Music selection
- Matching drills and energy
- Using you voice
- How and when to the motivate crowd

The Importance of Music

- Types of music
- Trance, House, Club, Top 40
- Volume
- Play with levels to make your point
- Use your music as the 2nd teacher
- Using the phrasing
- Know your music

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- Use it to your advantage
 - Allow for singing along
 - Connects students to music
 - Drives home the “party” feel

Mindset

- Create a memorable experience
- Bring the show
- Entertain while teaching sound cycling technique

Should We Just Dance On The Bike? No!

- Teach real riding techniques while keeping the “party” theme
- Keep your form tight and your teaching on point
- Remember, we are still on a bike!
- Have fun!

Drills

On and Off

A random “set” of riding at a steady pace then increasing cadence for a certain amount of time. This drill lends itself to letting the instructor use the music to their advantage. Use the chorus during cadence increases or as a chance for the students to sing-a-long.

Climb, Attack, Repeat (CAR)

Establish a steady seated or standing climbing cadence of 70-75 RPM for 45 seconds then attack (increase cadence) for 15 seconds. Instead of recovering, return back to your steady climb. The attack should push you at or over your anaerobic threshold.

3 for 1

Instead of lifting up and back on the saddle for equal amounts of time, try increasing amount of time out of the saddle. To use the music for timing, lift for three 8 count sets then sit for one 8 count set. On each set, add 1-2 gears to increase the power output and challenge the muscles.

Rock Steady

Ask riders pedal at a steady cadence for 5-8 minutes. The emphasis is on building endurance and a developing a strong foundation. For added challenge, have riders pedal at their anaerobic threshold. Keep the cadence around 80-90 RPM.

Climb Steady

Ask riders to find a steady climbing cadence around 75 RPM and adjust their gear to match the tempo. Begin the climb standing, then progress to a seated position. Challenge the riders to push their highest power output at anaerobic threshold while maintaining proper form and technique.