



## **SESSION #4126 KEISER GROUP INDOOR CYCLING**

### **TECHNOLOGY: TAKING ON THE TECH CHALLENGE**

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We've come a long way since indoor cycles first hit the market. Today's bikes are equipped with computers that show power, heart rate, cadence, energy expenditure and more. Virtual indoor cycling displays can simulate outdoor scenery or a rider's real-time performance and apps take our teaching and our riders experience to a whole new level. But how should instructor's best use all these exciting advancements? Learn how to utilize technology to your and your rider's advantage. Maximize the benefits of technology and keep rider's engaged and inspired both on and off the bike.

#### **Benefits of Technology**

- Engagement – Riders are focused
- Motivation – Inspires riders to cycle harder
- Improvement – Provides instantaneous feedback
- Competition – Creates friendly competition
- Retention – Keeps riders intrigued
- Results – Feedback shows improvement

#### **Current Technology**

- On-board computer
- Projection systems and screens
- Apps

#### **Bike Identification**

- Before getting started, riders must identify which bike they are riding
- For the first revolution of pedaling, lines 2 and 3 will display "bid" (bike identification)
- A number from 0-150 will be displayed
- The 'bid' represents an identifiable numerical value specific to each bike

#### **How It Works**

- The M3i uses Bluetooth® Smart technology to transmit data to multiple devices

#### **Data Presented**

- RPM
- Power
- KJs
- Heart Rate
- Distance
- Intervals
- Averages
- Placement (results) within group



## Technology Utilization

- In-class challenges
- Short-term training goals
- Games/team play
- Education of HR/power/RPE
- Class synergy
- Macro-goals for the workout
- Individual progress

## Too Much Technology? Pros and Cons

- Staying connected vs. disconnecting
- Competitive vs. individual
- Experienced riders vs. newbies
- More coaching/cueing required?
- Balancing technology being on vs. turning it off
- Staying current on technology
- Having a 'Plan B'
- Casual vs. formal usage

## Practical

- Let's ride!