

SESSION #4430

KEISER GROUP INDOOR CYCLING FUSION: FROM BIKE TO BARRE

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In today's indoor cycling world where more is presumed better, learn how to create fusion classes that tie in the key components of a solid ride with authentic fitness components. From revolutions to reps, take away effective ideas that will give your riders the know-how and the tools to add fusion-style rides into their training repertoire and programming.

What's hot, what's not?

- Big chain clubs vs. boutique studios vs. rec centers
- What is your personal indoor cycling style or 'belief'?
- How can you compete with trends, effectively and safely?

Fusion

- Blend. Combine. Merge. Meld. Bring Together.
- For example, 'Revolutions and Reps' provides the perfect mix of cycling with fusion training (i.e. barre, resistance bands, small weights, body weight training, etc.) performed off the bike.

What to do:

- Separate the workout into 2-4 segments
- Segment 1: Warm up + cardio + fusion-training
- Segment 2-3: Cardio + fusion-training
- Segment 4: Fusion-training + stretch

Benefit:

- For new riders, this class is an ideal introduction to indoor cycling.
- The off-the-saddle format gives riders a quick seat break, but includes a full-body workout

Challenges:

- Riders in cycling shoes may find it difficult to stand on a hardwood or flat studio surface
- Using an exercise mat is an option as it cushions the bottom of the shoe for a more stable surface

Format:

Total time: Approximately 60 minutes

Format: Mixed terrain and drills for 10-15 minutes of cardio followed by 5 minutes of fusion (resistance) training. Repeat for 2-4 sets.

Equipment: Indoor bikes + optional small equipment if it is available, or body weight training.

Pre-Workout: Check room. Position the bikes so that each rider has a clear view of the instructor and space beside each bike to stand, and at best lunge forward & back.

Class Introduction: Ensure correct rider set up. Review the workout format. Explain how the transitions will work. Keep the energy upbeat and welcoming.

Transitions: Gradually slow down pedaling, and come to a proper stop. If the bikes provide metrics, have riders note either their average power, distance or kilocalories. Ask riders to then get off their bikes, pick up their dumbbells and/or stand beside their bikes. The can also move to where there is adequate space in the studio. Start with a transitional active move like squats or lunges. After the fusion-training, there is no need to 'warm up', quickly start the next drill.

Exercise Review Barre and dance-inspired movements

Segment	Duration	Intensity	RPM	Body Position	Drills and Cues
Warm-Up	5	Light	90	Seated Flat	Welcome everyone to the class. Explain the workout and goals. Create a positive vibe.
Activation	3-5'	Moderate	90-100	Seated Flat	<i>Time Trialing</i> Determine the duration of the time trial. At this stage of the workout, ride at a steady pace for the entire 3-5 minutes.
Main 1	4-6'	Moderate Challenging	60-80	Standing Climb Seated Climb	<i>Long Hill Climb</i> Alternate between standing climb for 60 seconds and seated climb for 30 seconds. Repeat 4-6 sets
Fusion 1					
Main 2	4-5'	Challenging	80-100	Standing Climb	<i>4-3-2-1 & Back Again</i> 40s standing climb, 30s seated climb, 20s standing climb, 10s standing climb: repeat in reverse
Main 4	5'	Moderate	80-100	Seated Flat	Syncopated Push/Pull Pedal to the beat of the music 1,2 3&4 (slow, slow, quick, quick, quick)
Fusion 2					
Main 5	4'	Challenging	75-85	Seated Flat	<i>Short Modified Tabata</i> 10 seconds of intense work, followed by 20 seconds recovery, for 8 sets.
Main 6	5'	Moderate - Challenging	60-90	Standing Climb Seated Flat	<i>Hill Repeats</i> Visualize rolling hills. Mix up the intensity of the climb. The fast descent should take half as long as the climb.
Fusion 3					
Main 7	4'	Challenging	70-110	Seated Flat	<i>Power Drive</i> Start at a set gear that feels somewhat hard. Pedal at 70 RPM, then every 15 seconds increase RPM by 10. Hold the top RPM of 105-110 for 30 seconds. Recover and repeat.
Main 8	4'	Moderate	75-85	Standing Climb	<i>Short Interval Moderate</i> 30 seconds of hard work followed by 30 seconds of recovery. Repeat for 4 sets
Main 9	2'	Moderate	95-105	Seated Flat	<i>Breakaways</i> Visualize a race to the finish. Keep a fast pace, then lift, and hammer over the pedals. Repeat the 15 second breakaway 4x's
Fusion 4					