

GETTING STARTED

WHAT IS IT?

CYCLE TOGETHER is a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains and sprint to the finish. You'll feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training.

WHAT WILL I DO?

The "Ride" consists of 10 tracks that make use of the different terrains, speeds and intensity levels to create a fun and highly effective interval-based, cardiovascular workout.

You will train with a variety of speeds, resistance levels and cycling positions that are all based on cycling principles. The speeds are controlled to ensure that everyone can "keep up". As your fitness and confidence levels increase, you can crank up the resistance to challenge yourself even more. The ten tracks have a specific training objective:

1. Ride – We jump on our bikes and begin the ride! The music kicks in, a few hellos are said to your neighbors, legs start turning over and your body starts to get warm as you run through the cycling positions during the hour.
2. Terrain – The intensity begins to increase and the workout feels like it really gets started. Sometimes the terrain is flat, sometimes it's hilly or maybe a mix of both, but it's always an exciting ride.
3. Roll – The pace comes down, but the intensity does not. Rolling hills keep the physical intensity of the ride rising while turning the workout feel toward strength training.
4. Intervals – Repeated working sections with quick recoveries between push you toward higher intensity to increase your endurance.
5. Chase – Get in the race, get out of breath and challenge your fitness! The first physical peak of the workout improves your endurance by motivating you to break away from the pack.
6. Spin – An opportunity to pull back the intensity and gather yourself, but also an opportunity to pick up the pace if you want to train endurance with smooth, quick pedaling.
7. Climb – The road turns upward. The feel returns to strength. You'll notice the results in your legs from the heaviest resistance of the workout as you challenge yourself to reach the top of the mountain peak.
8. Sprint – With just four minutes of work left, you'll empty your tank in a race to the finish line. You'll finish this energetic sprint feeling spent but exhilarated.
9. Celebrate – You'll feel a sense of accomplishment as you look back on your workout while you take an easy spin to cool down from a great ride.
10. Recover – Wrap up your recovery and relax from your ride with some stress reversal for your muscles to make sure you'll walk as tall as you feel.

IS IT FOR ME?

Cycle Together is ideal for:

- Men and women, conditioned or deconditioned exercisers and those with or without cycling experience.
- New exercisers looking for simplicity and the ability to work as hard as they want.
- Avid cyclists looking for an indoor, off-season or bad-weather-day cycling option.
- Anyone looking to add variety to their workout.
- Anyone looking for a low-impact option to build cardiovascular fitness.

If you want to improve your cardiovascular fitness, burn calories, burn fat, shape and strengthen your lower body and have fun doing it, then Cycle Together is for you. Cycle Together attracts people with all different levels of exercise experience, fitness and exercise goals because you control the intensity of your workout by adjusting your own bike during the workout.

HOW OFTEN SHOULD I DO IT?

Cycle Together is a cardio workout. This means that you are able to do it once a week in conjunction with other workouts, or most every day as your primary exercise routine. A beginner to exercise would not want to do too much too soon, but as fitness levels and the ability to recover improve, workout volume and intensity can increase. How you feel is the best gauge of your body's recovery requirements between workouts.

HELPFUL HINTS

- Just remember that it will only be your first workout once. After attending Cycle Together three times, you will feel like a pro.
- Wear appropriate workout clothing that is loose and flexible in the legs and in which you are comfortable getting sweaty. You will sweat a lot in Cycle Together!
- Bring a towel and a large water bottle.
- Cycling shorts, while not absolutely necessary, are padded and give a little extra comfort where needed.
- Regular workout shoes work fine for Cycle Together, but some choose to invest in cycling shoes once they are hooked on the workout.
- Arrive 15 minutes before the workout and introduce yourself to the instructor. Most importantly, the instructor will help you set up your bike, but they will also let you know what to expect and answer any questions you may have.
- It is not necessary to be located in the front of the room, but you should choose a bike that allows a clear view of the instructor.
- Speak with the instructor at the end of the workout to ask questions and to check in about your experience.

HOW WILL I FEEL?

It is perfectly normal to feel apprehensive and nervous before your first Cycle Together workout. Most of us do not like to be "new" at something. Learning the feel of the bike seat and how to ride a stationary bike may take a bit of time. It is good to attend your first few workouts with this simple objective in mind: try not to concentrate so much on the quality of your workout. That will come later as you become more familiar with cycling.

During your first few workouts, remind yourself that you have to start somewhere. It might seem like the workout is moving a little faster than you would like, especially if the terminology and movements are somewhat unfamiliar. Keep in mind that the goal is to elevate your heart rate, and as long as you keep moving, you are doing that. Success is all about increasing your fitness and workout intensity over time and not doing it all in one workout. In addition, your rear end may feel uncomfortable in the beginning, but you will adapt and each workout will become more comfortable.

After your workout, remember that your muscles may be sore. This is because your body is adjusting to the demands of the new activity. It is perfectly normal. Once your body begins to adapt and you become more comfortable with the equipment, terminology and the flow of the workout, you will find that Cycle Together is a fun and addictive workout!



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STRENGTH IN NUMBERS

Cycle Together

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