

Y-Fit Indoor Cycling Master Class

Time: 7:45 AM to 8:55 AM

Date: Saturday, 10/22/2005

Instructor: Maria Monet Cruz

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Class:

- Use cadence to find optimal resistance instead of using ‘quarter turn to the right’ or one full turn to the right.
- Check cadence during class to keep students focus on the task at hand.
- Using a heart rate monitor is a plus for indoor cycling workouts.
- Use perceived exertion and heart rate values to measure the intensity of the workout.
- Vary workouts, use intervals and recovery, plan class workouts.
- You should try to ride a bike yourself on the weekends for a couple of hours or more to experience the road, resistance, changes in terrain, drafting, hill climbs and pushing to keep up with the big dogs.
- For beginners or new students in your class, it is important to set up or check the bike for them, check in with them during class and to remind to follow their pace.
- For roadies present in your class, it is important to keep them focus on the task at hand, remind them to relax their breathing, remind them to check their form while riding the bike (relax neck, shoulders, arms and their pedal stroke) and pacing themselves.
- Give the workout at the beginning of the class (warm up) and break it down during class e.g. right before the exercise, e.g. during recovery.
- The 2 sample workouts and 3 sample play list are between 50 to 60 minutes long. You can cut the workouts to 45 minutes. Please make sure to include a warm up and cool down.

Road Gears and Indoor Cycling Resistance

- In the sample workout 42x17 or 52x14 – these are road gears. 42x17 is riding a flat road. 42 is the middle gear on a triple, 17 is the gear at the back. When we increase the resistance, e.g. 42x14 and maintain cadence, we are increasing the speed on the road. When we increase it more, e.g. 52x16, 52 is the big chain ring in the front, and 16 is the back and maintain cadence, we are almost riding at 20 to 25 mph on a flat road.
- To get a feel for this, we do cadence check. In the warm up, we do a 15 second count. Ask the students to either increase or decrease their resistance so they can spin at 25 on the count or 100 rpm (revolutions per minute). This is about their “baseline” at a road gear of 42x17. For strong fit riders, the resistance will probably be harder. For beginners and for those not used to cadence between 90 to 100 rpm, it will be lighter in resistance.
- To increase the “road gears” up to 52x17 – that is a big gear in front and same gear at the back, do another count where the cadence drops to 23 at their “current” pace. Once they are at 21 or 23 on the count, ask the students to spin up and bring the count

to 25. From there, you can ask them to increase or decrease resistance to replicate road gear changes.

- As the class progress, for fit endurance riders – their legs can do more. So doing cadence check and changing the gears will help keep their workout optimal.
- For beginners or for those not used to cadence of 90-100 rpm, they can keep their pace. They do not have to increase resistance if their count is below 21. They should maintain the count of 23 or 25 in class. It is important to pace their workout and not increase resistance. Their legs are not used to spinning this way.
- It is dangerous have low resistance and keeping the revolutions per minute at 110 (28 counts). To sprint, the students should have a resistance equivalent to 21 counts or less and spin up to 30 counts or more. In other words, there should be resistance to “sprint”.

Workout

Sample A

Time (min)	Workout	# of Sets	Elapsed Time (min)
8	Warm up at 42x17 – ask class to increase resistance as if riding on a flat road and to bring their heart rates up to 65 % of their max or bring their perceived exertion to “4” on a scale of 1-10. Level 4 is that of a brisk walk.		8
8	52x15, 40 seconds at 25 count or 100 RPM/ 20 seconds max		8
4	42x17 spin (recover)		20
1	42x14 gradually to the highest RPM, count the last 15 sec	8x	
1	52x14, 100 RPM	8x	36
5	42x17 spin (recover)		41
2	52x17		
2	52x16		
2	52x15		
2	52x15		
2	52x17		51
9	Cool down 42x17		60

1st Min: 20s Hi
 20s 100 rpm
 20s Hi
 2nd Min: 100+ rpm

Sample B

Time (min)	Workout	# of Sets	Elapsed Time (min)
7	warm up 42x17		7
4	52x17, 100+ rpm or 25 count		11
2	42x17 spin (recover)		13
3	52x16 100+ rpm		16
2	42x17 spin (recover)		18
2	52x15 100+ rpm		20
2	42x17 spin (recover)		22
1	52x14 100+ rpm		23
2	42x17 spin (recover)		25
2	52x15 100+ rpm		27
2	42x17 spin (recover)		28
3	52x16 100+ rpm		32
2	42x17 spin (recover)		34
4	52x17, 100+ rpm or 25 count		38
5	42x17 spin (recover)		43
1	52x15 100+ rpm	5x	
1	42x15 spin	5x	53
7	cool down 42x17		60

Music Play list:

Funk 01

Title	Artist	BPM	Time	Album	Year	Genre
Ladies Night	Kool and The Gang	113	7:05	Full Length Funk: 12" Collection and More	1999	R&b
Walking Alone	Green Day	113	2:45	Nimrod	1997	Rock
What'll I Do	Janet Jackson	117	4:05	Janet.	1993	R&b
Magic Carpet Ride	Various	111	4:20	Austin Powers, the Spy Who Shagged Me		Default
Good Times	Chic and Sister Sledge	111	3:44	Very Best of Chic and Sister Sledge, The	1999	Disco
Like That	Black Eyed Peas	112	4:36	Monkey Business		Rap
Dazz	Brick	109	5:37	Millennium Party: Funk	1998	R&b
Edge Of Seventeen	Fleetwood Mac	113	5:25	Fleetwood Mac		

Lady	Lenny Kravitz	112	4:15	Baptism	2004	Rock
Zulu Nation Throwdown	Afrika Bambaataa	112	6:07	Looking for the Perfect Beat	2002	Hip Hop
Rapper's Delight	Rns Presents	112	6:58	In Tha Beginning There Was Rap	1997	Rap
Get It Up	Morris Day and The Time	113	3:24	Kazaa		R&b
Wicked Game	Chris Isaak	112	4:49	Heart Shaped World		Other

MM 07

Title	Artist	BPM	Time	Album	Year	Genre
I'll Write a Song for You	Earth, Wind and Fire	154	5:21	All 'n All	0	R&B
A Song For You	Herbie Hancock	159	6:55	Possibilities		Jazz+Funk
Like That	Black Eyed Peas	112	4:36	Monkey Business		Rap
Samba Raro	Max De Castro	128	3:55	Samba Raro	1999	Other
Sexy	Black Eyed Peas	130	4:43	Elephunk	2003	Hip-Hop
Like I Love You (Basement Jaxx vocal mix)	Justin Timberlake	130	4:30	Ministry of Sound: the Annual 2004 (Disc 2)	2004	Rock
Can't Get You Funky Cold Medina	Kylie Minogue	126	5:50	Kylie (Disc 1)	2001	Other
Mariacaipirinha	Carlinhos Brown and Dj Dero	134	4:10	Candyall Beat (Disc 1: Electrónica Artesanal)	2004	Other
Ain't No Sunshine - The Total Eclipse Mix	Bill Withers	157	5:44	Lovely Days		Other
Just a Girl	No Doubt	108	3:28	Tragic Kingdom	1995	Rock
Esthero & Black Eyed Peas - Empire Strikes Back	Esthero and Black Eyed Peas	99	4:29	Soul Seek	2001	Other
You Belong to Me	Carly Simon	110	3:50	Clouds In My Coffee 1965-1995 (Disc 1: the Hits)	1995	Pop
Carinhoso	Yo-Yo Ma	94.3	4:48	Obrigado Brazil	2003	Classical

MM 08

Title	Artist	BPM	Time	Album	Year	Genre
In The Cold, Cold, Night	White Stripes, The	104	2:58	Elephant		Rock

Wake Me Up When September Ends	Green Day	105	4:45	American Idiot	2004	Punk Rock
Sour Girl	Stp	104	4:18	Various Artist		
Galvanize (Feat. Q-Tip)	Chemical Brothers, The	104	6:33	Push the Button	2005	Electronic
Let's Get It Started (Spike Mix)	Black Eyed Peas	105	3:37	Elephunk		Rap
Like a Prayer	Madonna -Vs- Daft Punk	112	7:27	New Title	2005	Other
I'm a Believer	Monkees, The	161	2:43	21 Legendary Superstars Oldies But Goodies	1983	Rock
Just Can't Get Enough (Schiz..)	Depeche Mode	127	6:44	Singles 81-85, The		Other
Dance to the Music	Sly and The Family Stone	128	3:00	Sly Family Stone	1968	Other
Evil Ways	Santana	118	3:54	Best of Santana [Columbia], The	1998	Rock
Circles (Propellerheads remix)	Soul Coughing	115	4:48	Propellerheads		Other
U Sexy Thing	Hot Chocolate	106	4:03	Full Monty Soundtrack	1997	Soundtrack
Nature Boy	Miles Davis	102	4:47	Miles Davis	2003	Jazz

You can download the play list at:

<http://home.comcast.net/~poyaconstantino/MM08.mp3>

Downtown Oakland YMCA INDOOR CYLING PROGRAM

CONTRAINDICATED MOVEMENTS

The following is absolutely not permitted in the YMCA Indoor Cycling workout.

In the YMCA Indoor Cycling program, there are 5 basic movements and 3 hand positions—all of which corresponds to moves you would do on a road bike. Instead of seeking to motivate students through visualizations and coaching techniques, many instructors often invent new positions and movements on the indoor bike. Many of these invented movements are unsafe and inefficient.

Participants need to perfect the core movements while continually developing the mental aspect of training to enhance performance. As a YMCA Indoor Cycling instructor, the best use of your creativity is your language and how you choose to motivate your students. It is not in dreaming up new “twist” to the core movements.

- Pedaling backwards
- One legged pedaling
- No saddle, lowering saddle, or moving saddle

- Riding with hands behind back while leaning forward on a hill or “Hovers”
- Changing the handlebar height during workout for any purpose other than safety or comfort
- Sprinting with too little resistance that member is bouncing off the seat
- **Using any kind of weighted equipment** while on the bike (e.g. hand weights, tubing, bands, etc.)
- Using one hand or no hands
- High pedal cadences (over 110 RPM) without appropriate experience and power
- Riding seated in Hand Position 3, or lying the forearms on the handlebars
- Riding with pointed toes
- “Jumping” without sitting down on the saddle
- **Popcorn jumps** (you never do this on a real road bike!!)
- **Stretching calves/legs while on the pedals.** You can do upper body stretching on bike.
- Isolating any one body part or the whole body (AKA “freezing”)
- Keeping fingertips on the handle bar while standing
- Excessive upper body movements (**Push-ups on the handle bars**, 4 corners, figure 8’s, banking on turns, etc)
- Touching someone’s resistance knob
- Spinning in the dark except for cool-down – how can you correct the riding form of members in the dark??

Basically, when you try these movements on a real road bike, you will FALL. Not all our members are roadies. We try to avoid these contraindicated movements to prevent injuring our members (or any liability that may incur). We want to enhance the long term health and well-being of our Y members.

Analyzing movements on the indoor bike:

- Is it safe?
- Is it efficient?
- Is there another way to accomplish this same goal that is safer and more efficient?
- Does it correspond to movements done on a road bike?
- Each movement listed above will be analyzed in the following manner:
- Why it is contraindicated (or why good coaches DON’T do it)?
- Why some instructors do it?
- What (if anything) you can do in place of this movement?

Student Do's and Don'ts

Taken from: spinning.com

Here are some tips to help your students have a safe, fun and effective ride. Print them out to share, or just keep them in mind as you observe your classes.

DO:

- Bring a water bottle filled with at least 24 ounces of cool water, and drink it all during your session. In addition, drink at least 8 ounces before and 8 ounces after the session.
- Wear breathable clothing for maximum cooling efficiency.
- Wear stiff-soled shoes if possible to produce the most effective pedaling force.
- Bring a towel to wipe excess sweat from your skin.
- Arrive 15 minutes early to learn safety and set up procedures.
- Check your bike set-up with the instructor.
- Alert the instructor to any chronic injuries you have.
- Wear a heart rate monitor to gauge exercise intensity and prevent over-training.
- Pace yourself during your training session. Refrain from performing movements that take your heart rate out of your chosen training range.
- Relax your abdominals and breathe deeply, in through the nose, out through the mouth. Diaphragmatic breathing is the most efficient and relaxing way to breathe.
- Check with your doctor before beginning any exercise program.
- Relax and allow your body to move without tension.

DON'T:

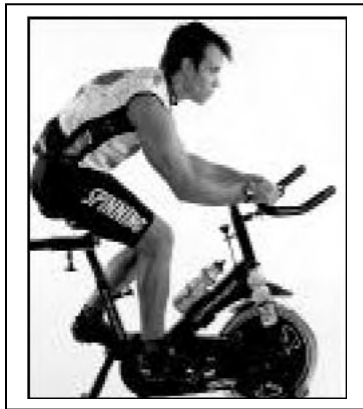
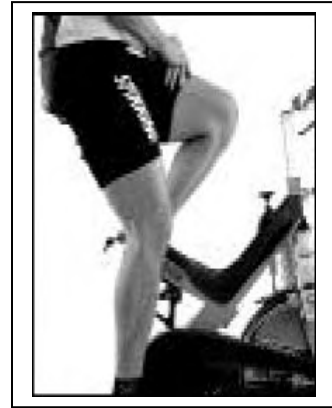
- Skip meals during the day and then decide to ride at high intensities. The better "fuel" you have in your "engine" the better it will run.
- Ride with tense muscles. Relaxing will allow you to perform more efficiently.
- Worry about "keeping up with the group". The Indoor Cycling program encourages riders to follow their own fitness goals-even if it means sitting down when everyone else is standing.
- Ignore the instructor's attempts to show you the correct hand positions and riding form. Performing the movements incorrectly can lead to bad habits and injury.
- Ride with no resistance on the flywheel, unless it is a warm-up or cool-down portion of the ride.
- "Keep quiet" if you have a question about the Spinning program; instead, ask your instructor for his or her assistance or contact us directly at ****Phone Number****

Bike Set-Up

From: spinning.com

SEAT HEIGHT

With your leg at the bottom of the pedal stroke, your knee should have a slight bend of five degrees. Make sure the handlebars, seat post and seat slider are securely attached and that all "pippins" are completely engaged.



FORE/AFT POSITION

Arms should be able to reach the handlebars comfortably and elbows should be slightly bent. Your seat is adjusted correctly when you can draw a straight line from the front of your kneecap down through the pedal axle while the crank arm is in the horizontal position, parallel to the ground.

HANDLEBAR HEIGHT

Find a position that is comfortable and limits undue strain on your neck and back. If you are new to Spinning, you may want to start with the handlebars in a slightly higher position and adjust downward to the level of the saddle as you become more flexible and comfortable on the bike.

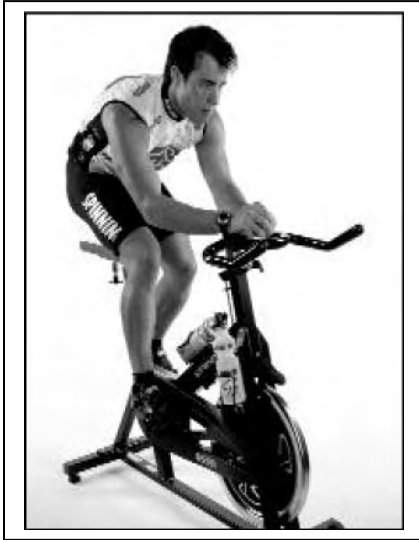


FOOT POSITION

Position your shoe so the ball of your foot is over the center of the pedal. Make sure your shoelaces are tucked in and your foot is securely attached to the pedal.

Hand Positions and Core Movement

From: spinning.com

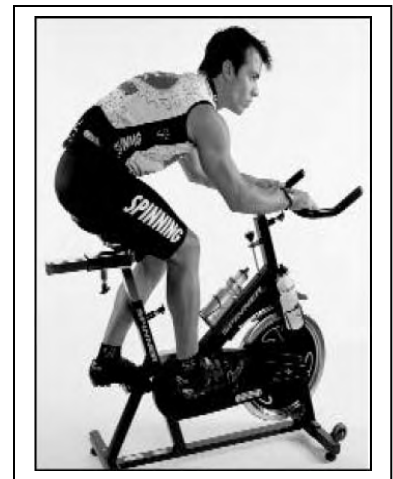


Seated Flat

Sitting for extended periods helps develop stamina, mind and body strength, & determination. A cadence of 80-110 RPM is recommended. Hands are in Position 1

Seated Climb

While climbing in a seated position, the buttocks should shift automatically to the back of the saddle. A cadence of 60-80 RPM is recommended. Hands are in Position 2



Standing Flat

(running)

While running, your weight should be balanced in the lower half of your body. With your buttocks just barely touching the nose of the saddle, move your upper body slightly from side to side with each downstroke. A cadence of 80-110 RPM is recommended.

Hands are in Position 2

Standing Climbing

(hill)

Standing climbing is slow and strenuous and should be introduced gradually to avoid premature load on the achilles tendon, knees, hips, and lower back. A cadence of 60-70 RPM is recommended.

Hands are in Position 3



Jumping

A jump is performed by lifting out of the saddle at intervals. The challenge is to maintain a steady cadence on your legs and keep your body weight centered in your lower torso and legs. The movement should be fluid and even, regardless of how long the jump intervals are. A cadence of 80-110 RPM is recommended.

Hands are in Position 2

Jumping is used on rolling hills on the road. It is when a rider stands up and “powers-through” instead of gearing down to spin up a short hill. AVOID popcorn jumps.

Notes:

