



# Schwinn® Cycling Class Design Template

**Total Time:** 55 minutes

**Big Picture/Description:** Cycle and Strength. Two stages: A moderate flat road, breathless intervals leading right to a hard hill. 30 min riding/20 min strength.

\*\*\*Playlist available on iTunes \*Denise Druce/Schwinn Cycle 2020 Royalty Free

The FRAME Music	The CORE			The FRAME Coaching/Motivation
	Stage/ Time	Intensity/ Time	RPM/Technique	
Because of You/ Sophia Del Carmen 3:07	Warm Up	Easy	70 rpm/Seated	Flat road. Warming up the body, slowly increasing heart rate. Set up great riding posture. Sitting bones on back of saddle, core engaged, shoulders on back, chest open and lifted, hands light on the handlebars. What is a deep desire of your heart? Why did you come to your bike today? Let's ride ON purpose and leave here better!
If You Had My Love/J Lo 4:25	1	Moderate	90 rpm/Seated Flat	Ride as if you were feeling a light headwind. Enough resistance to feel the road beneath you. Find "push point" at the front of the pedal stroke. Working on endurance. Where in your life can you use the ability to 'stay the course'?
Tribe Tabata/with Coach 4:02	1	Anaerobic/Breathless	65rpm/90pm Seated	20 seconds all out, 10 seconds recover (x8 rounds) Use the breaks to suggest these words as motivation: 1. STRONG 2. POWERFUL 3. UNSTOPPABLE 4. DETERMINED 5.AGGRESSIVE 6. CALM 7. FOCUSED 8. FINISHER!
Tropical Island/Monkey Punch 5:06	1	Hard	60 rpm Combo Seated and Standing Climb	Without recovery, we jump on this hill. Take the first minute to let your heart and lungs adjust, and then find challenging resistance. For the next 4 minutes alternate between seated and standing. Feel the sweat, find a rhythmic breath, and work!
ERF/Bensound 4:41	2	Moderate	100 rpm/Seated Flat	Back to the flat road with a head wind. Comfortably uncomfortable. Can you maintain the fast cadence even with some resistance on the wheel? This is a short ride so we have to lean in.
Back in Black/ Tabata Songs 4:02	2	Anaerobic/Breathless	65rpm/90pm Seated	20 seconds all out, 10 seconds recover (x8 rounds) The name of the game is to get out of your comfort zone. Do something you weren't planning to do today. Surprise yourself!
Black Lies/David Kadawatha 3:45	2	Hard	60 rpm Combo Seated and Standing Climb	Remember this, no recovery? Back to the hill. Take the first minute to let your heart and lungs adjust, and then find challenging resistance. For the next 4 minutes alternate between seated and standing. Feel the sweat, find a rhythmic breath, and work!



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Relax/Mika 4:09	3	Moderate to Hard	130bpm	<b>Dumbbell Squats</b> Weight in heels, dumbbells at sides, chest up. Vary the counts: 2/2, 3/1, 1/3, 4/4, then singles. Try to get three rounds in.
Pure Logic/ DJ Brian Howe 4:00	3	Moderate to Hard	130bpm	<b>Chest Press and Flys with Tubing</b> Standing with feet hips distance apart, band behind back, under arms, either double the band or loosely loop band around hands. Press forward singles, hold with pulses. Rest, shake it out and then repeat with flys.
Great Escape/ Avesta 3:49	3	Moderate to Hard	130bpm	<b>Biceps and Triceps</b> Holding a Pilates ring (or one dumbbell) between two hands, do bicep curls squeezing in on the ring. Vary the counts 2/2, 3/1, 1/3, 4/4 and singles. Take the ring (or dumbbell) overhead for triceps presses. Same counts.
These Words 4:14	3	Moderate to Hard	130bpm	<b>Body Weight Lunges</b> Right leg forward: Vary the counts 2/2, 3/1, 1/3, 4/4 and singles. Left leg forward: Vary the counts 2/2, 3/1, 1/3, 4/4 and singles.
I've Been Thinking About You/Silver Screen 4:26	3	Moderate to Hard	130bpm	<b>Core Work</b> Seated on a mat, start with med ball v-sit figure 8's. Progress to v-in and outs, then lie down for crunches and bicycles. Flip over to elbow plank for remainder of time.
Glacier/Bensound 5:03	Cool Down/ Stretch	Easy	NA	<b>Stretch it out!</b> Childs' pose, downward dog, forward fold. Press to shins for half lift, then standing backbend. Lateral stretches, and chest stretch with arms behind. Congratulate yourself for a job well done!