



Schwinn® Cycling Magic of The 3 C's Class Design

Total Time: 45 Min

Big Picture/Description:

The FRAME Music	The CORE			The FRAME Coaching/Motivation	
	Stage/ Time	Intensity/ Time	RPM/Technique		
I love you Always Forever Betty Who	WU 5:49	Easy 0:01-3:00 Moderate 3:00-5:49	70-100 Combo	Observation: easy and moderate power. Find your perfect power range for easy and moderate. Review body position, cycling technique and intensity options	
We Run This Miss Elliot	1 3:25	Moderate Verse Hard Chorus	90-100 Combo	We are going to “keep the beat” while moving in and out of saddle with the chorus and verse. We are going to add resistance 2 times during song until we are working hard to stay with the rhythm. Let’ the music move and motivate you!	
Shake it (Shaikh It) Adham Shaikh	1 8:53	Easy Recovery Hard Interval 15/15 Work/rest 30/15 Work/rest 45/15 Work/rest 1:00/15 Work/rest	80-110 Seated	We are doing 7 intervals in a ladder formation. The one constant with this set is the recovery is always 15-seconds. The work will increase by 15-seconds each interval until you reach a full minute, then you reduce by 15-seconds each interval until you finish. When you are in the work be all in but don’t lose your breath.	
Make Me Feel Janelle Monae	1 3:26	Hard 0-3:26	65 Combo	A steady, funky, fun climb. Only 3 and half minutes and I encourage you to close your eyes, move with the music and let’s climb this bad boy to the top!	
This Is Me (Joe Gauthreaus Club Mix) Keala Settle	2 5:30	Moderate 1 st Chorus Hard 2 nd Chorus Hardest 3 rd Chorus	65-75 Combo	Keep a steady pace and be ready to increase your resistance 3 times at the chorus. This song is about overcoming difficulty, persevering in a time of difficulty. Think of something you have accomplished, overcome or still need to and FEEL how strong you have become since doing it. Own your strength and ride proud!	
The Best Tina Burner	2 4:10	Moderate 0-2:00 Hard 2:01-4:10	60-65 Combo	Sing a long! Steady climb with a lot of singing! Simply the beat, better than all the rest! I want to hear loud, obnoxious singing.	
Cango Palero – Club Life, Vol. 3	2 6:04	Easy Recovery Hard Interval	80-110 Seated	On the minute! At the top of each minute I am going to call on a rider who is going to give me an amount of time that the entire class must work hard for. The remainder of the minute is for recovery. This is where we have fun together, and build community as I put the riders in charge of the work.	

<http://corehandf.com/>



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<p>I Lived (RED) Remix OndRepublic</p>	<p>2 4:15</p>	<p>Moderate Hard</p> <p>Chorus Verse</p>	<p>65-90</p> <p>Riders Choice</p>	<p>The words of this song say it all. Live life to its fullest! What is something you want to accomplish? Make a commitment to get it done. Start to manifest what it will feel like when you have accomplished and completed that goal.</p> <p>At the end of the chorus ride hard and then pull back during the verse.</p>
<p>Rain Common feat. John Legend</p>	<p>CD 3:15</p>	<p>Easy</p>	<p>80-110</p> <p>Seated</p>	<p>Cool down and stretch. Call out an MVP or a few, not for working the hardest but for being engaged and having fun.</p>