

## **Beat Down**

Created By Krista Leopold

Training Type: LT Intervals

Working HR Zones: 4

Total Class Length: 55 min

### **Objective and Intensity**

After recently being inspired by a boxing match I watched at the nail salon of all places, I decided to try to bring my riders into the ring for a full class. This ride is shaped by the structure of a boxing match. In professional boxing, boxers typically spar for 9-12 rounds of 3 minutes each with 1 minute in between each round. For our time constraints, we are going to fight for 10 rounds. Each round, we'll use a different movement. Most of the rounds will be one movement sustained. In a couple of places, we'll change it up.

For each round, we are going to work as close to LT as we can with opportunities to go higher than that sprinkled in. The challenge is to find that balance of intensity and restraint which will allow them to last a total of thirty working minutes. The average participant can sustain LT for 20 minutes. Since we'll have short rest periods every 3 minutes, the ride presents an opportunity to push your limits while still being able to recover.

### **Warm Up**

**Tomoyasu Hotei - Battle without Honor or Humanity (Cut to 3:00)**

**LL Cool J - Mama Said Knock You Out (5:00)**

Use the warm up to get explain the structure and to get the body and the mind ready. Focus on relaxing the body while preparing for the Start thinking about who you are going to encounter in the ring. Boxing is a great metaphor for many of our challenges, so visualize who or what you'd like to TKO, and let's get ready to take them down. Use the sights and sounds of a boxing match to help bring them in to your story. You can describe waiting in the locker room and getting fired up while your hands and gloves are prepared. Or the excitement of stepping into the arena while they shout your name and play your entrance song. Or entering the ring and coming to the center to meet the referee, hear the rules and tap gloves.

### **Round 1: Standing Flat**

**DMX – Party Up (Up In Here) [CLEAN] (3:00)**

When the bell rings, come out of the saddle and bring the intensity up. You can approach this fight cautiously and take your time feeling out the right effort level, or you can come out swinging hard. Just bring your heart rate up or power up to below threshold. Push through for 3 minutes, changing position if you need to, until the bell sounds.

Fun Fact: Mike Tyson frequently used DMX songs when making his entrance.

**The Yeah Yeah Yeahs - Heads Will Roll (1:00)**

There isn't much time, so you can send them to the corner where the team of trainers is ready to help them prepare for the next round. They get water, a nice coat of a cream that staves off bleeding, and plenty of strategic advice.

## **Indoor Cycle Instructor PROfile**

### **Round 2: Seated Fast Flat**

#### **Steve Aoki ft. Iggy Azalea - Beat Down (Short Clean Mx) (3:00)**

Stay in the saddle this round and work on strong, fast, regular pedal strokes with the highest gear and cadence we can sustain. Keep adding until your heart rate is again near your LT, but not over. This song is all about whooping up on someone, so you might play with the lyrics and encourage riders to have fun with concept. The bpm of the music is right at 110, which is at the high end of accessible cadences for the average rider. Encourage them to keep pushing their tempo as their circles get smoother without going faster than the music.

#### **Blue Stahli - Mystique (1:00)**

An instrumental song here to help you get out any more coaching or instructions you have for your riders.

### **Round 3: Standing Climb**

#### **Drowning Pool - Let the Bodies Hit the Floor (Vengeance Remix) (3:00)**

It's time to let loose. To continue the story, you can tell them that in boxing each round is scored. They took the first round, but in round 2, their punches weren't landing consistently, so the score is currently tied. They are going to have to press a little harder. In Hand Position 3, you can feel your legs pumping, so I had them visualize each pedal stroke as a jab.

#### **Florence + the Machine - Kiss With a Fist (1:00)**

Great effort. If you're keeping up with the story, you can tell them they won that round and landed some devastating blows on the other guy/girl. They are looking weak, which increases your confidence.

### **Round 4: Seated Climb**

#### **Green Day - Know Your Enemy (3:00)**

If you are pushing the right amount of intensity, you can feel the pressure building up. Stay in the saddle and do your best to manage breath and focus. Tons of music inspiration to use here for keeping up the visuals. Remember, you have your opponent on the ropes, so don't let them make a comeback.

#### **Sara Bareilles – Brave (1:00)**

I use this song to remind them that sometimes our fights are not as obvious as an opponent standing ready to pummel us. We often have to face our fears, do things that make us uncomfortable, etc. Here is a great song to stretch the metaphor out to other realms of your rider's journey.

### **Round 5: Climb in and out of saddle with standing accelerations**

#### **Jean Paul Parks - Fight On (3:00)**

As we near the halfway point of the match, it's time to start going for the knockout. The other boxer is starting to look strong again, so do your best to keep the advantage. Move in and out of the saddle when you feel like making a move. Choose any timing/frequency/rhythm to help you feel the strongest. Then, when the choruses kick in, stand and accelerate into a mini-surge that brings your intensity right up to LT, maybe even slightly higher.

#### **Rachel Platten - Fight Song (1:00)**

Remind them that they still have 5 rounds to go. They have to keep applying pressure, while maintaining a sustainable effort level. It requires working smarter.

## **Indoor Cycle Instructor PROfile**

### **Round 6: Jumps on a Flat**

#### **Bjork - Army of Me (3:00)**

Again, choose any timing/frequency/rhythm for these jumps, but make them regular and smoother than the random position changes of the previous round.

Has anyone been keeping score? For my story, I told riders that they were strong and took those last 3 rounds, bringing the current score to 4-1. But the other guy is looking revived and is landing quite a few punches, while we struggle to make contact. This is a tough round, where we are on defense most of the time.

#### **Destiny's Child – Survivor (1:00)**

You took a beating that last round and it went to your opponent. But you are a survivor. Don't let him pick up any momentum, or you could blow this very comfortable lead you currently possess.

### **Round 7: Rider's Choice**

#### **Will.i.am - #thatPower (3:00)**

Choose the movement that you think will give you the best advantage and work it for 3 minutes. Keep monitoring your intensity. If you take it easy on yourself, there's no way you can hope to slow this guy down.

#### **Daft Punk - Harder Better Faster Stronger (ohai! remix) (1:00)**

3 rounds to go. Are you managing your efforts? Are you hydrating and breathing and doing everything you can to stay relaxed even as the pressure builds?

### **Round 8: Standing Climb**

#### **Power Trip - Sounds Like Everybody Wants U (Nu NRG Remix) (3:00)**

This is a high cadence climb that will take the heart rate up and over LT if you let it. Just remember you still have two rounds to go. Sitting is always an option.

#### **Blue Stahli - Scrape (Instrumental) (1:00)**

The phrase "throwing in the towel" is from boxing – your cornermen throw a white towel into the ring which counts as a submission when the boxer can't take anymore. At this point in the contest, the standings are even – each fighter has won 4 rounds. You can throw in the towel and give it all up now, or you can go the distance. You'll have to take both rounds to be declared the winner. It's time to dig deep.

### **Round 9: Seated Fast Flat**

#### **Survivor - Eye of the Tiger (3:00)**

Again from the saddle. The last time we tried this approach, we weren't pushing enough gear or high enough cadence. This time, to the most well-known boxing anthem, we will drive the hardest, fastest flat we can maintain.

#### **Steve Jablonsky - Precious Cargo + Rocky's Speech from Rock Balboa (1:00)**

Sylvester Stallone provides a motivational speech for this rest period. It lasts about 45 seconds. Then you can tell them it's time to show the world how winning is done. You took round 9. This match will not be a draw.

## **Indoor Cycle Instructor PROfile**

### **Round 10: Running with Resistance or Heavy Standing Flat**

#### **DJ Khaled Feat. T-Pain - Ludacris - Snoop Dogg & Rick Ross, All I Do Is Win (3:00)**

The song says it all. Win this round and you'll be the victor. Stand up in Hand Position 2 with a climbing resistance on and push through. At 0:45, 1:45 and 2:45, have a seat and surge your legs, using all of what you've got left to win.

### **Cool Down**

#### **Taylor Swift - Bad Blood**

#### **Christina Aguilera – Fighter**

More visuals to round out the story. The referee declares you the winner by decision and raises your glove high in the air. The arena erupts their approval. You were exhausted, but now the thrill of victory fuels you as you talk to the press, thank your mom, kiss your kids, and show everyone that there is more to you than just fighting.