



Rolling to the Classics

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Training Type: Intermediate +

Working HR Zones: 2-9

Class Length: 60 minutes

I think everyone listening to this podcast should create an audio PROfile! It's like videotaping yourself, or giving your members a questionnaire to fill out about your class. It has the potential to lift your instructing to a higher level.

For me personally, I desire to accomplish these three objectives in every class:

- 1) To teach a workout that is successfully completed by each member, offering modifications for differing levels of fitness, pain and injury
- 2) Educating my members on correct form and why, so they can duplicate without me
- 3) Help them meet their fitness goals and enjoy the benefits of fitness so they would desire DO IT for a lifetime!!!

Just a few comments about this profile: It is meant to be an easy profile to teach, with the music initiating the workout. But, it does require some pre-class thought to make sure the songs are very recognizable and are able to "lead" well. I really enjoy asking my members: "When you hear this song, what memory does it trigger? A time, place, smell, emotion?"

I don't have set descriptions such as climb, downhill, or sprint. In a purely music driven class, since each song is to draw out the performance, I leave it open for emotional, word picture, or pure athletic coaching interpretation. For example, a slow, hard, peddle stroke may be a "overcoming a personal obstacle," a "ride on beach sand", or just "exercising through this 90% heart rate!" As for sprinting, the definition is to go as fast as you can for a short distance. Resistance has nothing to do with it. So a sprint can be at a high or low resistance, not to be interpreted as downhill only!

You will also notice that I wrote C,C,L,M, for Coach, Cue, Lead, Motivate. I may be splitting hairs here, but it is something to think about. I am a coach at heart, which to me means paying attention to and correcting technique, attitude, and effort in order to get the desired performance results. It also means a lot of training talk with no sweet talk! Like the story of the man that told his wife on their wedding day, "I love you, and if it ever changes, I'll let you know." I have had to purposefully choose what the most effective ONE correction should be and really use positive edification towards specific individuals. Cuing is all about timing; communication which enables your members to be in and ready for the moment, not catching up. That means you should know your profile well. When I think about leading and motivating, I see myself as an active participant with my class. I desire to interact in such a way that when a member leaves my class,

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they know they were a vital part of the community, that they successfully completed their fitness goals, and thoroughly enjoyed every minute!

Profile Description: I created this profile with the sole purpose of letting the music itself create the ride. I wanted the songs themselves to control intensity, cadence, movement motivation, and even position on the bike. Music has a powerful effect on an individuals' exercise experience. It distracts from discomfort, enhances ones mood, increases ability to endure physical and psychological stress, and may even promote metabolic efficiency. In a 2012 study by C. J. Bacon of Sheffield Hallam University, it was shown that participants who cycled in time to music required 7 percent less oxygen to do the same work as cyclists who did not synchronize their movements with background music.

In order for music to have the primary lead for the class, each song has to be "known." It has to be a song that has stood the test of time; a classic, not necessarily an "oldie". They should be songs from different genres that, at most, evoke feelings and, at least, offer a great rhythm and beat. Can and will the listener interpret what they hear into an action, and does what they hear carry them through their physical exertion? This class playlist consists of 15 songs, each chosen to stand on its own and offer a "mini-workout."

Objective: To present each song, just a few minutes long, as if it were the only song on the playlist. The challenge offered to my riders is, "What fitness gain do you want to accomplish during this song?" Commit to give that one song all you have. Never back up. Never step down. Never look for a way out. And most of all: enjoy the ride!!! 😊

Track 1: Lovetrain (The O'Jays)

Length: 3.02

Intensity/RPE: 2-3

Cadence/RPM: 90-100 (Freestyle)

Ride Position: Seated

Coach, Cue, Lead, Motivate: Light resistance. Setting out with anticipation. Breathe in. Exhale any constraints. Increase speed slowly as you're starting to enjoy your freedom. You've committed this time for yourself. See where your "lovetrain" takes you!

Track 2: Bad Mamma Jamma (Carl Carlton)

Length: 3.56

Intensity/RPE: 4-6

Cadence/RPM: 53 (Beatmatch)

Ride Position: Standing

C,C,L,M: Let this beat move you into your HR training zone. HR is increasing, body temperature is increasing, sweat glands are working. Keep hanging with the beat as your breathing regulates. Your muscles are asking for more oxygen! You'll come out on the other side ready to ride for hours!

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Track 3: Mony Mony (Billy Idol)

Length: 5:05

Intensity/RPE: 6-7

Cadence/RPM: 69 (Beatmatch)

Ride Position: Seated with Standing on the chorus “yeah, yeah”

C,C,L,M: Stay strong in that pedal stroke in your seat. Feel the resistance throughout the whole 360* turn. Listen as the music draws you out of your seat.....tap your resistance up as the chorus brings out that strong drive! You’ve got 4 rounds, and on the last one, you’re going for 1 minute! *I love saying to my class “are you ready?! Yeah? Yeah? And having them answer back. This is great interaction with your class and with the music!*

*The next 3 songs are micro-intervals using “sprints,” “pull aheads,” “race,” etc. You’re going to be holding that resistance and then pushing it “to the wall.”

Track 4: Every Little Thing She Does (Police)

Length: 4:24

Intensity/RPE: 6-7

Cadence/RPM: 110-120 (Freestyle)

Ride Position: Seated with Seated “sprints” on the chorus “every little thing...”

C,C,L,M: Those legs are turning now. Set your pace. Fast, tight circles with those pedals. Feet light in the pedals. Butt bones to the back of the seat. Concentrate on lifting those knees quickly out of the back side of the pedal stroke as opposed to forcing your quads down on the front side of the stroke. Imagine being on a rollercoaster with 4 shallow, quick, rolling hills. Every time there is a “drop,” you sprint a bit faster. Maintain complete control of your speed to the end!

Track 5: My Best Friend’s Girl (The Cars)

Length: 3:45

Intensity/RPE: 7-8

Cadence/RPM: 63

Ride Position: Standing Beatmatch with Seated Freestyle “sprints” on the chorus “here she comes again...”

C,C,L,M: Again, let the tempo dictate the push. Sing if you’d like. Think about riding with 2 of your friends. On the chorus, have a seat and “get in front of” your friends! Being first is what you’re thinking about, smiling as you pass them by! (Pull ahead of the tempo)

Track 6: Mama Told Me Not to Come (Three Dog Night)

Length: 3:18

Intensity/RPE: 7-8

Cadence/RPM: 61

Ride Position: Standing Beatmatch with Standing Freestyle “sprints” on the chorus

C,C,L,M: You’re all in now! Cruise in this tempo, and on the chorus, “race.” I like to say “race me” so that my class sees my burst of speed and really gets in there with me.

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Track 7: Twist'n the Night Away (Sam Cooke)

Length: 2:45

Intensity/RPE: 5-6

Cadence/RPM: 110-120 (Freestyle)

Ride Position: Seated

C,C,L,M: This is just a great feel good song. Smile and feel the wind in your face. Comfortable, fun effort. Just like "the twist." I will get off my bike and do the twist. Always gets a laugh, and usually teaches the younger generation a new dance! Remind your class that this is NOT a recovery. Stay on the dance floor till the song is over!

Track 8: Boogie Shoes (KC and the Sunshine Band)

Length: 2:19

Intensity/RPE: 7-8

Cadence/RPM: 59 (Beatmatch)

Ride Position: Seated

C,C,L,M: For this song and the next, we're going to tighten up the balance between our speed and our resistance. You have no room for speed and your tempo is set. Smooth, medium-paced strokes. Match the beat, so that you know where you need to stay for the next song. You CAN do this.

Track 9: More Than a Feeling (Boston)

Length: 4:45

Intensity/RPE: 7-8

Cadence/RPM: 50

Ride Position: Seated Freestyle with *increased resistance Standing Freestyle on the chorus

C,C,L,M: Imagine riding in some sand. Add on a bit more gear. Continue giving that awesome output! Dig deep! On the chorus, the sand just got a little deeper. Come up out of your seat (add resistance. What can you give yourself?!). Prove to yourself that what you are accomplishing is more than a feeling!!!

Track 10: Hit Me With Your Best Shot (Pat Benetar)

Length: 2:52

Intensity/RPE: 6-7

Cadence/RPM: 70-80 (Freestyle)

Ride Position: Seated

C,C,L,M: Whew! Get out of the sand and back on the road.

Loosen everything up and move on a flat road. Right in the middle of speed and resistance. Not too fast, not too hard.

Track 11: Alright Now (Free)

Length: 5:33

Intensity/RPE: 8-9

Cadence/RPM: 60 (Beatmatch)

Ride Position: Standing, 3rd Position Climb on chorus

C,C,L,M: This is your most difficult cardio song. Powerful forward motion in every stroke.

Close your eyes and let the music draft you. 3rd position > slide your hips back about 3-4 inches,

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keep your slight forward flexion through your hips, shoulders are aligned slightly behind your elbows – no resting on the handle bars. You’ve got this!

Track 12: Brown Eyed Girl (Van Morrison)

Length: 3:04

Intensity/RPE: 4-6

Cadence/RPM: 90-100 (Freestyle)

Ride Position: Seated

C,C,L,M: Time to head back home. Had a great ride exploring the area. Kick in some speed and if the chorus propels you forward, go with it!

Track 13: Jesses Girl (Rick Springfield)

Length: 3:19

Intensity/RPE: 6-7

Cadence/RPM: 80-90 (Freestyle)

Ride Position: Seated

C,C,L,M: You want some more from that bike. Add some resistance. Know that you just turned up your effort level, but it feels good. Bring it!

Track 14: Sweet Home Alabama (Lynyrd Skynyrd)

Length: 4:43

Intensity/RPE: 7-8

Cadence/RPM: 50 (Beatmatch)

Ride Position: Standing

C,C,L,M: Just when you thought you were finishing up, this awesome song grabs your muscles and forces movement!! Total music motivation. You have to go around the block one more time. This is the perfect “peddle tapping”, welcome home, one for the road song! I graduated from Auburn, and teach in the South, so I always throw in a “War Eagle” sometime during the song.

Track 15: Baby, I Love Your Ways (Peter Frampton)

Length: 4:26

Intensity/RPE: 8>2

Cadence/RPM: 60,70,80,90 (drop resistance every 1 minute) (Freestyle)

Ride Position: Seated

C,C,L,M: Purposeful cool down progression. Decrease resistance and increase speed. Margin between resistance and speed is wide. Easy effort.

STRETCH PLEASE!!! Increase flexibility and reduce injuries!

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Profile Synopsis

Song	Artist	FS/BM	Length	BPM	RPE
Lovetrain	O'Jays	FS	3:03	90-110	2-3
Bad Mamma Jamma	Carl Carlton	BM	3:56	53	4-6
Mony Mony	Billy Idol	BM	5:05	69	6-7
Every Little thing She Does	Police	FS	4:24	100-115	6-7
Here She Comes Again	The Cars	BM>FS	3:45	63	7-8
Momma Told Me Not to Come	Three Dog Night	BM>FS	3:18	61	7-8
Twist'in the Night Away	Sam Cooke	FS	2:45	110-120	4-6
Boogie Shoes	KC & The Sunshine Band	BM	2:19	59	7-8
More Than a Feeling	Boston	FS	4:45	Low (50)	7-8
Hit Me with Your Best Shor	Pat Benetar	FS	2:52	80-100	6-7
Alright Now	Free	BM	5:33	60	8-9
Brown Eyed Girl	Van Morrison	FS	3:04	90-100	4-6
Jesses Girl	Rick Springfield	FS	3:19	90-110	6-7
Sweet Home Alabama	Lynyrd Skynyrd	BM	4:43	50	7-8
Oh, Baby I Love Your Ways	Peter Frampton	FS	4:26	50,60,70,80	9>2

FS = Freestyle

BM = Beatmatch