

# RIDE

WARM UP, INCREASE HEART RATE & INTRODUCE RIDING POSITIONS

## All Summer Long

5:35

Kila Rock

Jul 09

Beats.

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Intro (drums)	4	Seated Coast	slow		
Inst (guitar + piano)	32	Transition to Ride	build	▲	
V It was 1989, my thoughts	32	Ride	1/1		
Ref AHH, ahh, ahh	16	Ride	1/1	▲	
V <u>SPLASHING</u> through the	(32)	Ride	1/1		
C We were TRYING different	64	Race	1/1		
Inst (guitar) Singing sweet home	16	Transition to Ride	1/1	▲	
V Catching WALLEYE from the	32	Ride	1/1		
C We were TRYING different	64	Race	1/1		
Inst (guitar) Singing sweet home	20	Transition to Standing Climb	1/2	▲	
Inst (guitar solo)	32	Standing Climb	1/2		
Ref AHH, ahh, ahh (guitar)	1-32 33-48	Standing Climb Standing Climb	1/2 1/2	▲	
Q V Now NOTHING seems as SOMETIMES I hear that	1-16 17-32	Transition to Ride Ride	slow build	▼	
Br (female) HEY yea	4	Transition to Race	1/1		
C We were TRYING different	64	Race	1/1	—▲	
RP Singing SWEET home Alabama	32	Race	1/1		
Ref AHH, ahh, ahh	32	Race	1/1 R		
Outro (piano solo)	12	Seated Coast	slow		

30 30 40 30 60 15

I ST

La La

4 x 8 = 32 (= 15 seconds)

**BEHIND THE TRACK:** This programming introduces all the riding positions and speed variations seen in the Summer 09 release. You'll Ride, Race, Ramp and rise out of the saddle... what a great way to start a workout!

**TEACHING TARGET:** Coach the 1/1 R as the opportunity to feel how the cadence increases in the next track, Terrain.

Be sure to watch the Teaching Target Kinesthetic Cues - Getting the Feel.

P.S. This was a highly requested song on Name That Tune! at [www.bodytrainingsystems.com](http://www.bodytrainingsystems.com).

precues 2-4 beats = 2 seconds.

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst (piano) Oh, oh	32	Seated Coast	slow		
Inst (ADD bass beat)	32	Ride	build	▲	
Inst (ADD synthesizer)	32	Ride	1/1		
MT (full band) Oh, oh	64	Race	1/1	▲	
V Now SHE loved me	64	Ride	1/1		
C I know SORRIES, just	64	Race	1/1	▲	
RP Why just you LEAVE me	32	Race	1/1	▲	
MT (full band + organ)	32	Race	1/1 or 1/1+		15s
V She, she DON'T touch me	64	Ride	1/1	▼	
C I know SORRIES, just	64	Race	1/1	▲	
RP Why just you LEAVE me	32	Race	1/1	▲	
Inst (piano)	32	Ride	1/2	▲	
V This must be a SLOW death	64	Ride	1/2		
C I know SORRIES, just	64	Standing Climb	1/2	▲	
RP Why just you LEAVE me	32	Standing Climb	1/2	▲	
MT (full band + organ)	32	Standing Climb	1/2 or 1/2+		15s

I Ra Ra Ra Ra Ra  
30 30 60 30 45 45 60

- Your legs should feel more pressure now that we are into the workout.
- Time to turn the heater on in the room.
- Add a pinch, not a squeeze.
- That wind in your face is getting really strong - try to dive under it.

resistance much higher this track, add more than last track. Start & feel it in your legs.

- don't touch the dial

- 2nd race should start feeling uncomfortable.

- 3rd challenge should feel faster chance to push limits.

BEHIND THE TRACK: This track design focuses on bringing the burn to the legs through a long, consistent cadence using small load increases.

TEACHING TIPS: Teach that the burn in the thighs should be felt by the second verse, if participants are not experiencing this feeling, they need to increase the cadence if they're riding slower than the rhythm, increase the load, or both.

Provide ETAs when the work load increases during Race or Standing Climb. During the 1/1+ or 1/2+ options, it's vital you provide ETAs to help participants succeed.

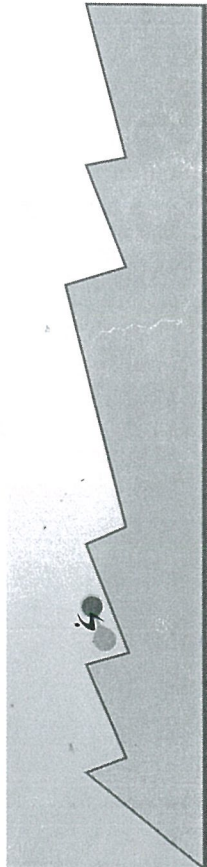


# 3 So What

6:27

Pink

	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
QRP	(cymbal build) Na, na, na	1-20 21-36	Seated Coast Transition to Ride	slow build	▲	
RP	NA, na, na, na (ADD synthesizer) NA, na, na,	1-32 33-64	Ride Standing Climb	1/1 1/1	▲	1
V	I GUESS   just lost my	32	Ride	1/1	▼	
PC	NA, na, na, na	16	Ride	1/1	▲▲	
C	So, SO what, I'm still a rock	64	Standing Climb	1/1		2
Br	(softens) TONIGHT	16	Transition to Ride	1/1	▼	
V	The WAITER just took my	32	Ride	1/1		
PC	NA, na, na, na	16	Ride	1/1	▲▲	
C	So, SO what, I'm still a rock	64	Standing Climb	1/1		3
Br	(softens) TONIGHT	16	Transition to Ride	1/1	▼	
V	The WAITER just took my	32	Ride	1/1		
PC	NA, na, na, na	16	Ride	1/1	▲▲	
C	So, SO what, I'm still a rock	64	Standing Climb	1/1		
MT	(synthesizer) TONIGHT	32	Standing Climb	1/1 or 1/1+		4
Chg	(softens) ■ You weren't there	1-16 17-32	Standing Climb Standing Climb	slow build		
Br	You let me FALL	8	Standing Climb	1/1	▲	
C	So, SO what, I'm still a rock	64	Standing Climb	1/1		
Br	(softens) TONIGHT	16	Transition to Ride	1/1	▼	
V	I GUESS   just lost my	32	Ride	1/1		
PC	NA, na, na, na	16	Ride	1/1	▲▲	
C	So, SO what, I'm still a rock	64	Standing Climb	1/1		5
Br	(softens) TONIGHT	16	Transition to Ride	1/1	▼	
V	The WAITER just took my	32	Ride	1/1		
PC	NA, na, na, na	16	Ride	1/1	▲▲	
C	So, SO what, I'm still a rock	64	Standing Climb	1/1		6
MT	(synthesizer) TONIGHT	32	Standing Climb	1/1 or 1/1+		12s



# ROLL

MAINTAIN WORKOUT INTENSITY BY ROLLING OVER HILLS

ump, go, explode, hit it

Rise and go.

- Add resistance until the pedals push back.
- The pinches are getting a whole lot bigger.
- Don't stand until adding resistance pulls you out of the saddle.
- Pour some syrup/honey/glue on the wheels.

Seat Climbs  
(KIPED)  
"PUSH, SCRAPE  
pull"  
→ "push + pull"

- What = (the thing you want them to do)
- How = how you want them to do it.
- Why = (benefit)

"stay lifted"  
"chest open"

Lee 02102923988

"BUTT BACK TO THE SADDLE"  
"SIT IT BACK"  
"DROP BACK"  
"BACK TO RIDE"  
"TAKE A SEAT"

BEHIND THE TRACK: There are six hills, the 4th being the longest and most challenging.  
TEACHING TARGET: Set up the base load in the beginning, making small changes up and down from the base as the track progresses.  
The goal is to have the 4th hill physically challenge your participants the most. If the resistance is too light, participants won't get the challenge intended.  
P.S. Keep in mind that the feeling a participant should experience in this track is a moderate resistance compared to the intensity they not steep climbs.

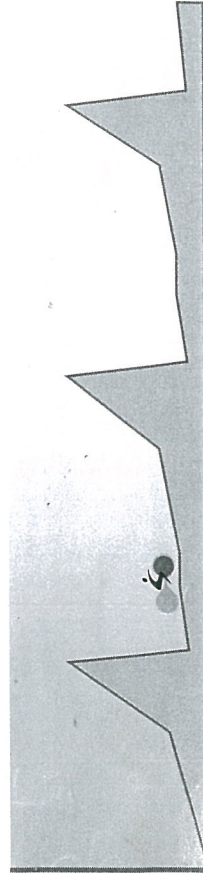
"Optional gear"

5% increase if you have true 1/1+ - you shouldn't be able to sprint!

we gonna start a fight!  
"time to fight"



LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
C (drums + trumpets + voices)	32	Seated Coast	slow		
Br (cymbal crash)	20	Ride	build	▲	
V (bigger voices)	95	Race	1/1		45s
Inst (low strings) (violins)	1-24 25-64	Transition to Standing Climb	1/2 1/2	▲	30s
Br (softens)	5	Transition to Race	build		
V Chg (bigger voices + synthesizer)	64	Race	1/1	▼	30s
Inst (softens)	48	Transition to Seated Coast	slow		
Br (explosion)	4	Transition to Race	build	▲	
V (bigger voices)	95	Race	1/1		45s
Inst (low strings) (violins)	1-24 25-64	Transition to Standing Climb	1/2 1/2	▲	30s
Br (softens)	5	Transition to Race	build		
V Chg (bigger voices + synthesizer)	64	Race	1/1	▼	30s
Inst (softens)	48	Transition to Seated Coast	slow		
Br (explosion)	4	Transition to Race	build	▲	
V (bigger voices)	95	Race	1/1		45s
Inst (low strings) (violins)	1-24 25-64	Transition to Standing Climb	1/2 1/2	▲	30s
Br (softens)	5	Transition to Race	build		
V Chg (bigger voices + synthesizer)	64	Race	1/1	▼	30s
Inst (softens)	48	Transition to Seated Coast	slow		
Br (explosion)	4	Transition to Race	build	▲	
V (bigger voices)	95	Race	1/1		45s
Inst (low strings) (violins)	1-24 25-64	Transition to Standing Climb	1/2 1/2	▲	30s
Br (softens)	5	Transition to Race	build		
V Chg (bigger voices + synthesizer)	64	Race	1/1	▼	30s
Outro (softens)	24	Transition to Seated Coast	slow		



• Add resistance until it slows your push. (feet) to the half beat - this is your hill.

→ Race Position = Real act from your hips

"Focus"  
"Focus on what you want"  
"No hesitation" "Discipline"

"It hurts but it works"

"Keep it up" "Stay on it"

"Dig it in"

"Push through"

"Hang on" "Hang in there"

"Use your recovery... so you can go out harder & stronger"

"Be courageous"

"Fight for it" "Come on!" Initial Cues (technical)

SAFETY CUES "go! go! go! Follow up Cues

• Brace Abs (Narrow your waist)

• Butt back in the saddle 'push your butt back'

• Soften your elbows

• Relax your shoulders

• Wrists

• Lengthen back of your neck

• Open your chest

• Shoulder blades together

• Tuck your chin in slightly

man-tech  
i.e. imagery  
feeling

• Timing cues

TEACHING TARGET: Hammer down on the load when getting out of the saddle. Since there is only one increase of resistance, participants only have one chance to maximize the 30s climb.

P.S. In order to learn the programming well, you have to really know the music. The periodic lyrics don't stand out like typical songs used in Ride, therefore the instrumental is the focal point for learning where you are in the landmarks.



LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Intro (sound)	8	Seated Coast	slow		
Inst (crowd cheering) BA de ya (ADD synthesizer)	1-32 33-64	Transition to Ride	build 1/1	▲	
RP BA de ya, ba de ya	32	Standing Climb	1/1	▲	
MT (synthesizer)	64	Race	1/1		
V Do you REMEMBER	60	Ride	1/1		
Br BA ba ba	4	Ride	1/1	▲	
C BA de ya, say do you BA de ya, say do you	1-32 33-64	Standing Climb Race	1/1 1/1		
MT (synthesizer) BA de ya	64	Race	1/1 or 1/1+		22s
V My thoughts are WITH you	60	Ride	1/1	▼	
Br BA ba ba ba ba	8	Ride	1/1	▲	
C BA de ya, say do you BA de ya, say do you	1-32 33-64	Standing Climb Race	1/1 1/1		
Inst (crowd cheering) BA de ya	32	Transition to Standing Climb	slow		
C Chg BA de ya, say do you BA de ya, ba de ya	1-16 17-32	Standing Climb Transition to Race	build 1/1		
Inst (synthesizer + bass)	128	Race	1/1 R		40s
Q V My thoughts are WITH you Now DECEMBER found	1-32 33-60	Ride	slow 1/1		
Br BA ba ba ba ba	8	Ride	1/1	▲	
C BA de ya, say do you BA de ya, say do you	1-32 33-64	Standing Climb Race	1/1 1/1		
MT (synthesizer) BA de ya	64	Race	1/1 or 1/1+		22s
Q MT BA de ya, ba de ya	36	Transition to Seated Coast	fade		

I ST Ra ST Ra ST Ra ST Ra ST Ra  
 15 30 30 15 45 30 15 15 15 30 60 30 15 45  
 15 (amp) 30sec



- The intensity should make you wonder if you can go on.
- It should be difficult to speak, but I should hear your heavy breathing!
- Dogs are chasing - feel the bite in your legs so they don't bite your heels.
- By the end of the Chase you should be begging for a break.

**BEHIND THE TRACK:** This is only the second time we've ramped in track 5. The ramp builds you right off your saddle.

**TEACHING TARGET:** When you get to the break after the second colored sequence, coach what to expect in the upcoming ramp. The ramp builds gradually over 40 seconds... the cadence increases, it's harder to keep up and it requires intense physical effort!

SPIN

Human

RECOVER FROM CHASE & PREPARE FOR CLIMB BY RIDING A LONG FLAT ROAD

The Killers 6:06

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Intro (synthesizer)	16	Seated Coast	slow		
Q V I DID my best to notice	1-48 49-64	Seated Coast (stress reversals 1) Transition to Ride	slow build		
Q C Cut the CORD, are we	64	Ride	1/1		
Inst (guitar + drums)	32	Ride	1/1	▲	
V Pay my RESPECTS to	64	Ride	1/1		
C You gotta let me GO	64	Race	1/1		
Chg Will your SYSTEM be all	32	Race	1/1		30
Inst (guitar + drums)	32	Race	1/1		15
V Pay my RESPECTS to	64	Ride	1/1		
C You gotta let me GO	64	Race	1/1		
Chg Will your SYSTEM be all	32	Race	1/1		
Q C (softens) Are we human	1-16 17-32	Transition to Seated Coast Seated Coast (stress reversals 2)	slow slow		
Q C And I'm ON my knees	1-16 17-32	Transition to Ride Ride	slow build	▲	
C You gotta let me KNOW	60	Race	1/1		
Inst Or are we DANCER	32	Race	1/1		
Q Inst (softens)	16	Race	1/1		
Q RP Are we HUMAN or are	24	Race	1/1		
Outro (fades) DANCER	16	Race	fade		

Stress Reversals

- (1) UT (lat flex neck w/ reach behind)
- (2) Pec Major (abd shoulders w/ hands behind head)

BEHIND THE TRACK: This is a more lyrical song than typical Spin tracks in the past. We chose an edgy male lyric because it complements the release well.

TEACHING TARGET: Observe your participants; if people need to ride slower, lead by example.



## CLIMB

## REACH FINAL PEAK OF CLASS BY CLIMBING STEEPEST CLIMB

Provide this ETA to help participants get to the finish line. Emphasize that this is the last working section of the ride.

58	07	07	07	07
75	77	75	75	75

1889

4:02

Leo Sayer

LANDMARKS		BLK	POSITION	SPEED	LOAD	ETA
Inst	(synthesizer)	32	Seated Coast	slow		
RP	OOH, ooh, ooh, can say	32	Ride	build	▲	
MT	(guitar)	32	Ride	1/1		
C	Whoa, whoa, yea, YEA	64	Ride	1/1		
V	I need you SO	32	Ride	1/1		
C	Whoa, whoa, yea, YEA	32	Ride	1/1		
MT	(guitar) OOH, ooh, ooh, can say	32	Race	1/1	2 1:45	
V	I need you SO	32	Ride	1/1		
C	Whoa, whoa, yea, YEA	56	Ride	1/1		
Br	(softens) OOH	8	Ride	1/1		
Ref	More than I can SAY	8	Ride	1/1		
Inst	(softer guitar)	32	Seated Coast (stress reversal)	slow		

Say = 30 sec left

## Stress Reversal

• Ant Delt (ext shoulders)

PO 15

TEACHING TARGET: Coach that the Race position is meant to be a position of stretch for the latissimus and lumbar musculature, not a position of work.







# Take A Bow

Rihanna

4:00

# STRETCH

IMPROVE RANGE OF MOTION & AID MUSCULAR RECOVERY

LANDMARKS	BLK	POSITION	
Intro (piano) Oh, how about a	32	Hip Flexors (standing, ext hip, tilt pelvis post)	hip 15
V ■ You look so dumb	32	Gastroc (ext knee, dorsiflex ankle)	calf 15
PC And DON'T tell me	16	ITB (add hip, lat flex trunk, reach OH)	it 8
C But you PUT on quite	24	Quads (flex knee, hold lower leg)	quad 12
C ■ But it's over now	16	Glut med/min (foot on opp knee)	but 8
V ■ Grab your clothes	32	Gastroc (other side)	calf 15
PC And DON'T tell me	16	ITB	it 8
C But you PUT on quite	24	Quads	quad 12
C ■ But it's over now	16	Glut med/min	but 8
Chg Oh AND the award	32	Hip Flexors (other side)	hip 15
V Chg Oh, how about a round	16	Spinal Flexors (ext trunk, reach OH)	ham 12
C But you PUT on quite	24	Hams (flex hip, ext knee)	ham 12
C ■ But it's over now	16	Hams (other side)	pipe 12
Outro (piano) ■ But it's over now	8	Rise to standing, Shoulder Roll	

**BEHIND THE TRACK:** The muscular aspect of the Iliotibial Band (ITB), known as the Tensor Fascia Latae, help stabilize the hips and counteract the forces of the hip adductors.

**TEACHING TARGET:** Coach to push the hips forward a little to put them in neutral before adding the lateral flexion during the ITB stretch.

	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Intro	(synthesizer)	1-16 17-32	Seated Coast Transition to Ride	slow build	▲	
V	■ I'm numb but I can still	32	Ride	1/1		
PC	I'm on a COURSE of collision	32	Ride	1/1		
C	■ Hey, hey, all the way	32	Race	1/1		
RP	Can you HEAR me, can you	16	Transition to Ride	1/1	▲	
V	■ Though you may not share	32	Ride	1/1		
PC	I'm on a COURSE of collision	32	Ride	1/1		
C	■ Hey, hey, all the way	32	Race	1/1		
RP	Can you HEAR me, can you	16	Transition to Ride	1/1	▲	
V	■ Though you may not share	32	Ride	1/1		
PC	I'm on a COURSE of collision	32	Ride	1/1		
C	■ Hey, hey, all the way	32	Race	1/1		
RP	Oh, oh, OH, oh, oh, oh	32	Ride	1/2	▲	
C	■ Hey, hey, all the way	32	Ride	1/2		
RP	Can you HEAR me, can you	16	Transition to Standing Climb	1/2	▲	
C	■ Hey, hey, all the way	32	Standing Climb	1/2		
C Chg	Oh, OH, hey, hey, all the	32	Standing Climb	1/2	▲	
Inst	(synthesizer)	32	Standing Climb	1/2 or 1/2+		

**TEACHING TARGET:** Coach participants to get the lead accurate before transitioning out of the saddle. The 64 counts of Ride provide an excellent opportunity to find the appropriate resistance.

**P.S.** This is a terrific alternative to start your Group Ride class.







LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst (cymbal crash) (galloping beat)	1-32 33-64	Seated Coast Seated Coast (stress reversal 1)	slow slow		
Inst (softens) (builds)	1-16 17-32	Transition to Ride Ride	slow build	▲	
MT (whole band)	32	Ride	1/1		
V I never had to say	32	Ride	1/1		
PC FOREVER and ever	32	Ride	1/1		
C Never see me AGAIN (whole band)	1-64 65-128	Race Race	1/1 1/1		60s
Q V (softens) You never heard	32	Ride	1/2 or 1/1		
PC FOREVER and ever	32	Ride	1/1		
C Never see me AGAIN (whole band)	1-64 65-128	Race Race	1/1 1/1		60s
Q RP FOREVER and ever FOREVER and ever	1-16 17-32	Transition to Seated Coast Seated Coast (stress reversal 2)	slow slow		
RP FOREVER and ever FOREVER and ever	1-16 17-32	Transition to Ride Ride	slow build	▲	
C Never see me AGAIN (whole band)	1-64 65-128	Race Race	1/1 1/1		60s

Stress Reversals

- (1) UT (lat flex neck w/ reach behind)
- (2) Pec Major (abd shoulders w/ hands behind head)

C R C R  
60 30 60 30 60

TEACHING TARGET: During the Quiet Verse, coach participants to ride the cadence that best suits their workout. This musical change gives riders the opportunity to maintain intensity or pull back and recover.



## music

Landmarks	Definition	Description
BLK	Block	A section of counts
Br	Break	A break in the regular flow of the music
C	Chorus	The most familiar part of the song which repeats throughout; the sing along portion
Chg	Change	A strong variation of the melody and/or lyrics
CT	Musical Counts	The number of beats in a sequence or movement
Inst	Instrumental	A piece of music primarily instrument based
Intro	Introduction	The very beginning of a song, if it does not fit into the category of Verse or Instrumental
MT	Main Tune	The primary instrumental or musical theme of a track
Outro	Last few bars of music	Always at the end of a song
PC	Pre-Chorus	A repeated section of lyrics or melody that always comes before the Chorus
Q	Quiet	Sometimes a section of music is repeated, but using slightly less energy in vocals or instruments - This can apply to Verse (QV), Chorus (QC), Main Tune (QMT)
Ref	Refrain	Recurring phrase or number of song lines that comes from the chorus or verse
Rep	Reprise	The repetition or return of the chorus later in the song
RP	Repeating Phrase	A section of music with repeating words
Seq	Sequence	Order of exercises, denoted by color blocks
V	Verse	Tells the poem or story within the song

## movements

Symbols/Abbreviations	Description
***	Indicates music is not possible to count
▲	Increase resistance
▼	Decrease resistance
▼▲ or ▲▲	Two arrows on the same line indicate to change resistance at the beginning, then half way through the block
-▲	Change resistance half way through the block
■	Beat 1 occurs between words or within 1 beat before the lyrics begin
...	Used before lyrics, indicates the lyrics occur after the first eight counts
1/2	Ride half speed of 1/1
1/1	Ride the rhythm
1/1+	Ride slightly faster than 1/1
1/1 R	R=Ramp. Ride the rhythm as the music speed increases
Abd	Abduction
Add	Adduction
ADD	Add another component to the stretch
Ant	Anterior
B	Back or Behind
Build	Increase speed gradually
Delt	Deltoid
ER	Externally Rotate
ETA	Estimated Time of Arrival
Ext	Extend
F	Front or Forward
Fade	Decrease speed
Flex	Flexion
Gastroc	Gastrocnemius
Glut Max	Gluteus Maximus
Glut Med	Gluteus Medius
Glut Min	Gluteus Minimus



## movements

Symbols/ Abbreviations	Description
Hams	Hamstrings
Hip Add	Hip Adductor
ITB	Iliotibial Band
IR	Internally Rotate
L	Left
Lat	Lateral
Lats	Latissimus Dorsi
OH	Overhead
Opp	Opposite
Pec Major	Pectoralis Major
Post	Posterior
QL	Quadratus lumborum
Quads	Quadriceps
R	Right
Rectus	Rectus Abdominus
Slow	Ride slower than 1/2
UT	Upper Trapezius