

LET'S **MOVE!** GROUP **RIDE®** **OCT11**

THE RELEASE

1. **RIDE**

Wanted
Jessie James

2. **TERRAIN**

Party All Night (Sleep All Day)
Sean Kingston

3. **ROLL**

Hot Blooded
Foreigner

4. **INTERVALS**

Mission: Impossible
Adam Clayton and Larry Mullen

5. **CHASE**

Just A Dream
Nelly feat. DMX

6. **SPIN**

Beautiful Monster
Ne-Yo

7. **CLIMB**

Bit A Bad Boy
Scooter

8. **CELEBRATE**

Hotel California
Rhythms del Mundo feat. The Killers

9. **STRETCH**

Stay
Hurts

10. **BONUS ROLL (3)**

According To You
Orionthi

11. **BONUS CHASE (5)**

Boom Boom Pow
Black Eyed Peas

Not all songs are performed by the original artist(s).

BEHIND THE RELEASE

THE CAMPAIGN: *Want & Need*

WHAT THEY RAVED ABOUT IN TESTING: "This Group Ride release sets the bar!"

"WOW!!! This is definitely one of the very best releases, **EVER**. The programming and music were definitely top-notch!"

"Many participants stated they checked their Ride egos at the door because this release really put them in their place. Don't worry their egos will heal!"

"Loved the intensity of the release. New riders dug and worked harder because the regulars were so into it."

MOST MEMORABLE MOMENT:

Mission: Impossible was awesome! The whole class lifted and pushed through this track. When the ten second intense Standing Climb met with the pace ladder - Fantastic response!!

SONG AND PROGRAMMING THAT SCORED HIGHEST IN TESTING:

Mission: Impossible for song and the Intervals track for programming.

CHECK OUT THE EDUCATION: Why do we do intervals? Learn the overall benefits of this training technique and some specific coaching tips for the Group Ride OCT 11 Intervals track as we study *The Science Of Interval Training*.

Members of the BTS music team provide you with some *Sound Advice* about a simple way that you can give your class a little bit more musical impact.

I WANT TO FINISH FIRST. I WANT LEGS THAT TURN HEADS. I WANT TO DO MY FIRST TRIATHLON. I WANT A HEART THAT JUST WON'T STOP. I WANT TO SEE WHAT I GOT. I WANT YOU TO EAT MY DUST.

I NEED

GROUP 
RIDE®



BTS' mission is quite simple, to get more people moving! *Let's MOVE!* is more than a catchy slogan or tag line to us; it is a way of life we embrace.

BTS is people. We are a team of dedicated professionals with over 30 years industry experience committed to one goal – your success – and we pursue that success with spirit and passion. To achieve this success, we support you and your club with management, training, programming and marketing systems.

Everyone Finishes First in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60-minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you *Ride On!*

Our Program Development Teams are committed to creating the highest quality programs for you, your club and your participants. In addition to the Program Developers' and the Program Director's expertise and experience, each Group Ride release must be approved by Program Test Teams and the BTS Safety Advisory Board. Each release is thoroughly tested in various markets before its official release.

Once the release is launched, comprehensive management and instructor surveys are completed to gain valuable feedback for future program direction. This extensive program development system ensures *WOW!* Fitness experiences for your participants!

You have all you need in this package to make Group Ride come alive – your CD, Program Notes and Education Resources DVD. We pack it with tons of information and education to give you the best learning tools possible. Through special features like Education Sessions and Teaching Targets, Behind the Release, Behind the Music and Behind the Track, we give you the “what” and “why” of the release. It's like looking under the hood...all to give you the confidence to deliver the best possible experience.

BTS would not be able to do what we do without you! We supply the systems, but you connect with your participants through your passion, professionalism, leadership and dedication. We thank you for your commitment. Together we can get more people moving!

RIDE ON!

PROGRAM DEVELOPMENT TEAM

Program Developer [**Mark Goffi**, MM Music Performance and Literature

Program Director [**Cathy Spencer-Browning**, BS Human Movement

Testers

Trainers [**Kristen Heberton**
Jeffrey Pinkerton
Jeffrey Alan Smith

Testers [**Patty Costa** **Kim Ormsby**
Sophie Coyne **Ali Reti**
Cindy Irwin **Larry Rogers**
Kim Kayley **Scott Romano**
Alison Lynch **Sara Sinclair**
James Mackenzie **Claudia Smith**
Amy McKenzie **Mark Sutherland**
Steven Moen **Alexis Vance**
Thomas Mullins **Cristie Wisecarver**

Test Facilities [**Alive! Health & Fitness** **Midtown Athletic Club**
Bonython, ACT (AUS) Palatine, IL
Atlanta Fitness Windermere **Nike Fitness Center-Lance Armstrong**
Cumming, GA Beaverton, OR
Cascade Athletic Club **Orcas Spa and Athletics**
Gresham, OR Eastsound, WA
Coop's Health & Fitness of Spartanburg **RDV Sportsplex**
Spartanburg, SC Orlando, FL
Courthouse Athletic Club Keizer **Shapes Fitness McPhillips**
Keizer, OR Winnipeg, MB (CAN)
Definition Fitness **Shapes Fitness Narin**
Elora, ON (CAN) Winnipeg, MB (CAN)
Gold's Gym Elite **Spartanburg Athletic Club**
Columbus, GA Spartanburg, SC
Gold's Gym Hamilton Mill **Virgin Active Pitt St**
Dacula, GA Sydney, NSW (AUS)
Gold's Gym Max **Work Out World East Brunswick**
Columbus, GA East Brunswick, NJ
Gold's Gym Richmond **Work Out World Menlo Park**
Richmond, BC (CAN) Edison, NJ
Gold's Gym Suwanee **Work Out World Wall**
Suwanee, GA Wall, NJ
Gold's Gym Vancouver **ZX Fitness Steele Creek**
Vancouver, BC (CAN) Charlotte, NC
Kent Vision Quest **ZX Fitness Matthews**
Kent, WA Matthews, NC
Ladies Fitness & Health
Cartersville, GA

Safety Evaluation [**Dennis Bowers**, MS Exercise and Wellness Promotion
Cathy Spencer-Browning, BS Human Movement

Music Editing [**Michael Wynne**

Presenters [**Mark Goffi**
Jeffrey Pinkerton

Proof Team [**Tracey DeLong**
Mark Goffi
Kristen Heberton
Sara Sinclair
Heather Smith

PROGRAM DEVELOPER & PRESENTER BIOS

Mark Goffi, Program Developer, Presenter

Mark became a part of the BTS family as a Group Ride instructor in early 2005. In 2009, he joined the corporate team as the Education Supervisor. He holds bachelors degrees in chemical engineering and music performance from Auburn University and a masters degree in music performance and literature from Notre Dame. He currently resides on the south side of Atlanta in McDonough, GA with his two children, Luke and Lydia. In his spare time, you will usually find Mark enjoying the academic and athletic pursuits of his children, out riding his bike, or kicking back with some video games or a movie.

Cathy Spencer-Browning, Program Director

Cathy has been part of the BTS Team since 1997 as the BTS National Training and Program Director. Cathy holds a degree in Human Movement from Wollongong University, Australia. Cathy has an established international career of presenting and lecturing since 1990. She was the recipient of Australia's 2001 Fitness Professional of the Year and Can Fit Pro's 2002 Specialty Presenter of the Year Award. Cathy has served on the ACE Faculty Advisory Board and co-owned Exercise Executives with Marcus Irwin, an international instructor choreography video company. Cathy has been passionate about teaching group fitness since she saw Jamie Lee Curtis' movie *Perfect* and currently teaches Power, Step and Kick. When she is not chasing after her daughters, Riley and Colbi, plus her husband Terry, she enjoys surfing on the net and indulging in modern day versions of old-fashion craft, such as knitting and sewing.

Jeffrey Pinkerton, Presenter

Jeffrey is an avid cyclist and triathlete and has been teaching Group Ride since 2007. He has completed sprint, Olympic and half-ironman distance triathlon events and loves to get out on his bike when life permits. In April 2010, he completed the New Orleans half-ironman with the vast majority of his training taking place in Group Ride and Group Power. Jeffrey, his wife Jenny, and their four children live in Suwanee, Georgia. To Jeffrey's great mystery, his boys Wilton and Harrison have both taken to mountain biking recently (possible coercion involved); so in addition to going out on a run together, playing xBox360, or throwing the football in the backyard, the Pinkerton boys also enjoy a good ride on the trails. Due to their juvenile fearlessness, they ride the same pace, maybe even a little bit faster, than their dad.

QUALITY DRIVEN

BTS is passionately committed to creating the highest quality group fitness programs. To achieve this, we have built a comprehensive Program Development process. Importantly, this process involves facilities and instructors to ensure that our customers have a voice in each and every release.

Over 2100 hours are poured into every seasonal release, to give you the confidence to present a truly *WOW!* experience. Over one hundred instructors evaluate and score songs for potential playlists for all programs quarterly. Those songs that score high enough are then programmed by the Program Development Team and approved by the Program Director and the BTS Safety Advisory Board.

The program releases are then tested by instructors in over 100 facilities in various markets, culminating in 7000+ participants experiencing all program releases in at least 350 test classes. The Testers complete a thorough survey and participate in a conference call with the Program Developers and Director to finalize the release: January, April, July and October.

After the facilities and instructors have launched that season's release, comprehensive management and instructor surveys are completed to gain valuable feedback on that release and guide future direction of each program. This process and the commitment to excellence by the instructors, facilities and BTS create the highest quality exercise experiences for each program.

MARKET TESTING

The Testing Phase of Program Development is vitally important to ensure each program release has a wide cross-section of facilities, instructors and participants experiencing the songs and programming. The Program Development Team relies on this phase to guarantee that the vast majority of participants will enjoy each release.

In this process, music and programming are assessed to make certain they are right for the specific track and release. For music - quality, popularity, motivation, and acceptability are considered. For programming - achievability, challenge, safety, and effectiveness are considered. You can be confident that if a song or programming is in the release, it has passed a stringent set of criteria from the vast majority, if not all, of the markets, facilities, instructors and members.

Also, based on the Test Team's feedback, education, and specifically Teaching Targets, are determined and developed to assist instructors in delivering the release at the highest level.

Bottom line - you are an integral part of the programs that you and your team deliver to your members. Be active, be involved, and be heard. Complete the Program Quarterly Surveys, suggest songs on Name That Tune! and through your Group Fitness Director, let us know if you'd like to be considered as a Tester. *Let's Move!*

NOTE: If there is a discrepancy between the Class Video and Program Notes or confusion in programming, please refer to the Class Video on the Education Resources DVD.

MUSIC GUARANTEE

BTS guarantees that all songs have been thoroughly evaluated and we make best efforts to create releases that are acceptable to the majority of participants. Rather than interpret the degree of acceptability, we use music charts, music television and commercial radio as the benchmark for socially acceptable music.

We also look closely at the feedback during the Music Evaluation and Program Testing phases of Program Development. In other words, if a song receives considerable airtime in North America and it passes through our testing phases, BTS considers it acceptable by the majority of the population.

Ultimately, facilities and instructors have the freedom to decide what music is most popular and appropriate for their facilities. We understand and respect that each individual's sensitivity may differ from what BTS considers acceptable. For this reason, BTS encourages instructors to mix and match tracks from their libraries to cater to the various audiences they teach. For certain programs, BTS will often supply a bonus track for borderline songs, allowing you to make the most appropriate choice for your launch.

NAME THAT TUNE

Music drives the experience and makes us *MOVE!* Our Program Development Team scours music from many genres: from classic to current, from rock to pop, from disco to techno. We also rely on your passion and love of music. Please visit the Name That Tune! section of the Instructor page on our website, www.bodytrainingsystems.com, to suggest your favorites for each program.

MUSIC DISCLAIMER

BTS greatly values the role and contribution you bring to the delivery of each program. In order to uphold the high-quality music and programming provided to instructors, BTS must comply with federal law. This being said, all music provided on BTS program release CDs is for instructional purposes only. The copying and/or distribution of BTS program CDs, including burning "back-up" copies, is illegal under federal law and is not permissible. Our purpose is to comply with the federal law and respect the copyrights of our music providers and the musical artists upon whom we depend for the uniqueness of our release. In the case of MP3 players, instructors may transfer music from their original purchased BTS program CDs onto an MP3 player. Sharing with others is prohibited.

WANTED

Ride

Wanted is the debut single from country-pop singer-songwriter Jessie James' 2009 self-titled debut album. The song ranked at #18 on the US Billboard Hot Dance Club Play chart and peaked at #40 on the US Billboard Hot 100 chart, giving Jessie her first Top 40 hit.

PARTY ALL NIGHT (SLEEP ALL DAY)

Terrain

Sean Kingston's *Party All Night (Sleep All Day)* was released in 2010 as a single from his third album *TBA*. The lyrics are about celebrating and living life to the fullest. The hip-hop song was performed on the television reality show *Jersey Shore*.

HOT BLOODED

Roll

Hot Blooded was released in 1978 as a single by the hard rock band Foreigner, from the album *Double Vision*. The song reached #3 on the US Billboard Hot 100 chart and was certified Platinum by the Recording Industry Association of America with one million units sold.

MISSION: IMPOSSIBLE

Intervals

The theme for the television series *Mission: Impossible* was composed in the 1960s by Argentine composer, conductor and pianist Lalo Schifrin. The jazzy 5/4 composition is considered one of the greatest television theme songs of all time. A 4/4 dance remix version of the song was created in 1996 by U2 members Adam Clayton and Larry Mullen for the soundtrack to the first *Mission: Impossible* film. This version of the song reached #7 on the US Billboard Hot 100 chart in 1996.

JUST A DREAM

Chase

This hip-hop R&B song was released in 2010 and serves as the lead single from Nelly's sixth studio album *5.0.*, featuring American rapper and actor DMX. *Just A Dream* became a huge radio hit, ranking at #2 on the US Billboard Pop Songs chart and #3 on the Australian charts.

BEAUTIFUL MONSTER

Spin

Ne-Yo's *Beautiful Monster* serves as a single from his fourth studio album *Libra Scale*, released in 2010. This up-tempo dance song topped the US Billboard Hot Dance Club Songs chart and the UK Singles chart.

BIT A BAD BOY

Climb

Bit A Bad Boy is a jumpstyle song by German techno group Scooter from their fourteenth studio album *Under The Radar Over The Top*, released in 2009. The album's cover was photographed at the former American NSA Espionage site in Berlin.

HOTEL CALIFORNIA

Celebrate

Hotel California by Rhythms del Mundo was released in 2009 from the album *Classic*, featuring The Killers. The song was originally recorded as a single by The Eagles from the album *Hotel California* in 1977, topping the US Billboard Hot 100 chart. It was also certified Gold by the Recording Industry Association of America.

STAY

Stretch

Stay is a song by English synthpop duo Hurts from their debut album *Happiness*, released in 2010. It was released as the album's third single in the UK and reached the Top 5 in many countries.

ACCORDING TO YOU

Bonus Roll

Orianthi's debut single, *According To You*, is from the Australian guitarist's second studio album, *Believe*. The pop rock song was released in Australia in 2009, where it reached #8 on the Australian Singles chart. The song reached #3 on the US Billboard Pop Songs chart and was performed by Orianthi on *So You Think You Can Dance* on November 19, 2009.

BOOM BOOM POW

Bonus Chase

The Black Eyed Peas' 2008 dance-pop hit *Boom Boom Pow* was released as the lead single from their fifth studio album, *The E.N.D.* The single topped the US Billboard Hot 100 chart, making it the group's first US #1 single. It is the longest-running single to stay atop the US Billboard Hot 100 in 2009, where it kept the position for twelve consecutive weeks.



	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst	(guitar) HOO , hoo, hoo	1-16 17-32	Seated Coast Transition to Ride	slow build	▲	
V	■ I wanna lie in my bed	32	Ride	1/1		
PC	■ Put my lips on your mouth	32	Ride	1/1	▲	
C	I wanna WEAR my hair	64	Race	1/1		
V	■ I wanna lie in my bed	32	Ride	1/1		
PC	■ Put my lips on your mouth	32	Ride	1/1	▲	
C	I wanna WEAR my hair	64	Race	1/1		
V	■ Those other guys	32	Ride	1/1		
PC	■ Put my lips on your mouth	32	Ride	1/1	▲	
C	I wanna WEAR my hair	64	Race	1/1		
Chg	Now I'm going crazy	28	Ride	1/1	▲	
Br	■ Put your lips on my mouth	16	Transition to Standing Climb	1/2	▲	
C	I wanna WEAR my hair	32	Standing Climb	1/2		
C Chg	I wanna WEAR my hair	32	Standing Climb	1/2	▲	17s

→ The resistance changes are not large, but participants should feel a difference.

→ Multiple, gradual increases in resistance help warm and prepare the body for the rest of the workout.

→ The legs should be feeling warmer but should not be burning. They are still warming up.

→ Prepare participants for the Standing Climb section that follows.

→ This resistance change and kick in the music should feel like the beginning of the workout.

NOTE

TEACHING TARGET: Be sure to include coaching that lets participants know what the riding positions are. Be careful not to assume knowledge when it comes to Ride, Race or Standing Climb. Clearly coach the execution that goes along with the position name.

P.S. The Ride track is the time to establish most of the information you plan to make a part of your coaching throughout the rest of the release. If you take the time to clearly establish execution and terminology here, it will streamline your coaching later. This should be done in every class, especially with program specific language like riding positions, track names and cycling terminology.





	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
QMT	(light synth + heavy bass)	32	Seated Coast	slow		
QC	We like to SLEEP all day	32	Ride	build	▲	
MT	(synth + heavy bass)	64	Race	1/1	▲▲	30s
V	It's REVOLUTION	32	Ride (seated climb)	1/2	▲	
V	So much CONFUSION	32	Standing Climb	1/2	▲	
PC	And we don't let our WORRIES	32	Standing Climb	1/2	▲	
C	We like to SLEEP all day	64	Race	1/1	▼▲	30s
V	DESTINATION	32	Ride (seated climb)	1/2	▲	
V	No HIBERNATION	32	Standing Climb	1/2	▲	
PC	And we don't let our WORRIES	32	Standing Climb	1/2	▲	
C	We like to SLEEP all day	64	Race	1/1	▼▲	
QC	We like to SLEEP all day	32	Ride	slow		
Chg	We gonna ROCK until the night	32	Ride	1/1		
C	We like to SLEEP all day	64	Race	1/1	▲▲	
V	It's REVOLUTION	32	Ride (seated climb)	1/2	▲	
V	So much CONFUSION	32	Standing Climb	1/2	▲	
PC	And we don't let our WORRIES	32	Standing Climb	1/2	▲	
C	We like to SLEEP all day	64	Race	1/1	▼▲	45s
MT	(synth + heavy bass)	32	Race	1/1		to end

→ Coach participants to add resistance until the resistance causes their pace to slow down.

→ At the top of the hill, encourage participants to try to accelerate to the Race pace before removing any resistance. The feel should be that of accelerating uphill.

→ Now that participants have the feel for the hills, coach them to try and find a little more this time.

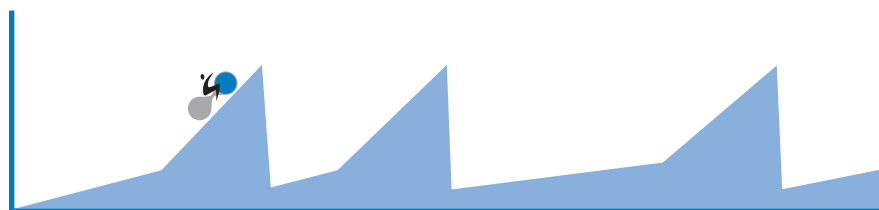
→ Let participants know that this Race section is a little longer.

NOTE

BEHIND THE TRACK: The longer hills in this track were selected because the Terrain tracks on the previous two releases have been primarily in the saddle.

TEACHING TARGET: To help participants find the appropriate resistance for the climbing sections, coach them to add resistance until the pace slows as a result. It is the resistance that slows the pace. Ideally, the pace should not be slowed prior to adding resistance.

P.S. The hills are a little longer in this Terrain track to meet the goal of periodizing the workout. This may feel more challenging at first because participants are not used to the climbing duration at this point in the workout. They will adapt over time and become stronger as a result.





	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst	(heavy beat + synth)	16	Seated Coast	slow		
Inst	(building) READ my mind	32	Ride	build	▲	
C	Well I'm ■ hot blooded ■ Hot blooded	64	Hill Combo	1/1	▲	26s
		1-24	Standing Climb	1/1	▲	
		25-32	Ride (seated climb)	1/1		
		33-56	Standing Climb	1/1		
		57-64	Ride (seated climb)	1/1		
V	You don't have to read	64	Ride (seated climb)	1/1	▼	
PC	Now it's UP to you	32	Ride (seated climb)	1/1	▲	
C	That's why I'm ■ hot blooded	64	Hill Combo	1/1	▲	
V	You don't have to read	64	Ride (seated climb)	1/1	▼	
PC	Now it's UP to you	32	Ride (seated climb)	1/1	▲	
C	That's why I'm ■ hot blooded	64	Hill Combo	1/1	▲	
V	If it feels alright	32	Ride (seated climb)	1/1	▼	
QV	You've got to GIVE me a sign	1-16	Ride (seated climb)	1/2 or 1/1		
		17-32	Ride (seated climb)	1/1		
PC	Are you OLD enough	32	Ride (seated climb)	1/1	▲	
C	Yeah I'm ■ hot blooded	64	Hill Combo	1/1	▲	
Inst	(guitar solo)	64	Ride (seated climb)	1/1	--▲	26s
Inst	(cymbals + synth)	16	Ride	slow	▼	
Inst	(building) READ my mind	32	Ride	build		
C	Well I'm ■ hot blooded	1-24	Standing Climb	1/1	▲	40s to end
		25-32	Ride (seated climb)	1/1		
Rep	■ Hot blooded	1-24	Standing Climb	1/1		
		25-32	Ride (seated climb)	1/1		
Rep	■ Hot blooded	1-24	Standing Climb	1/1		
		25-32	Ride (seated climb)	1/1		

1st Hill

→ Notify participants that there is not much time before the first hill so they are not surprised and can feel more successful.

→ If participants speed up when they return to the saddle, then coach them to add more resistance.

2nd Hill

3rd Hill

4th Hill

→ Coach a little break when the music eases up in this section; however, if participants feel good they do not have to slow down.

→ The second seated climb on this hill is longer and should feel more challenging.

5th Hill

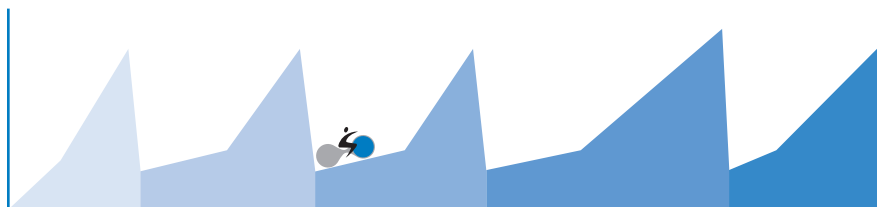
→ The final hill is longer. Coach this fact so participants know what to expect.

NOTE

TEACHING TARGET: Coach the short sections in the saddle as a way to help find the right resistance. If the resistance is appropriate the pedaling should feel heavier in the seat and it should not be easy to speed up.

P.S. Use the short sections in the saddle to help participants find the proper climbing resistance. This will help them be more effective in the tracks that follow and will help them achieve greater fitness gains. The intensity should feel higher when they sit down.

P.P.S. Remember that Roll is just the third track on the release. While physical intensity is increasing, the track is not intended to be a physical peak. Roll should be challenging but participants should still have some gas in the tank at the end to carry into Intervals and Chase.





	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Intro	(instrumental hits)	1-16 17-32	Seated Coast Transition to Ride	slow build	▲	
MT	(synth + rhythm)	128	Race	1/1		
Inst	(faster synth + rhythm)	32	Race	1/1		20s
Inst	(siren + hits)	32	Standing Climb	1/1	▲	
Inst	(bass + builds)	32	Transition to Ride	slow R	▼	
Inst	(ADD synth effects + build)	1-16 17-32	Ride Ride	slow build		
MT	(synth + rhythm)	128	Race	1/1	▲	
Inst	(faster synth + rhythm)	32	Race	1/1		20s
Inst	(siren + hits)	32	Standing Climb	1/1	▲	
Inst	(bass + builds)	32	Transition to Ride	slow R	▼	
Inst	(ADD synth effects + build)	1-16 17-32	Ride Ride	slow build		
MT	(synth + rhythm)	128	Race	1/1	▲	
Inst	(faster synth + rhythm)	32	Race	1/1		20s
Inst	(siren + hits)	32	Standing Climb	1/1	▲	
Inst	(bass + builds)	32	Transition to Ride	slow R	▼	
Inst	(ADD synth effects + build)	1-16 17-32	Ride Ride	slow build		
MT	(synth + rhythm)	128	Race	1/1	▲	
Inst	(faster synth + rhythm)	32	Race	1/1		20s
Inst	(siren + hits)	32	Standing Climb	1/1	▲	
Inst	(bass + builds)	32	Transition to Ride	slow R	▼	
Inst	(ADD synth effects + build)	1-16 17-32	Ride Ride	slow build		
MT	(synth + rhythm)	128	Race	1/1	▲	
Inst	(faster synth + rhythm)	32	Race	1/1		20s
Inst	(siren + hits)	32	Standing Climb	1/1	▲	

→ During the first part of each interval, coach participants to adjust the resistance as needed. Once the pace is established they may find that they need a little more or less.

→ The resistance change should be small, not all the way down to base resistance.

→ The music changes when there are 20 seconds left to work. Include this in your coaching to help participants navigate the work duration.

→ The beginning of the third interval should feel more challenging because the music has accelerated, but also because the short recovery should be starting to catch up with the legs. The intensity will be felt sooner.

→ The intensity will be felt almost immediately at the beginning of this interval.

→ The recovery will not have been enough. Coach participants to focus and make the last interval their best.

NOTE

BEHIND THE TRACK: This style of programming in the Intervals track has proved to be very popular during the **Testing Phase of Program Development** for previous releases.

This track scored the highest for music and programming in the **Testing Phase of Program Development**.

TEACHING TARGET: Coach the fact that the intervals are all around 60 seconds long and that the breaks are short at 20 seconds. This will lead to the intervals feeling progressively more intense as the recovery feels less and less sufficient.

Be sure to take a look at the OCT 11 Teaching Target titled **The Science Of Interval Training** on the Education Resources DVD.

P.S. This is a tempo interval. The focus is on maintaining the pace. In this case the track is also a pace ladder, meaning each interval is a little bit faster than the one before it. The accelerations happen during the breaks. The "slow R" that appears in the SPEED column indicates the pace acceleration. It simply means that the pedaling is slow but the music is ramping.





	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst	(light beat + sound effects)	32	Seated Coast	slow		
Inst	(building) Uh, uh, uh	32	Ride	build	▲	
MT	(synth + heavy beat)	64	Standing Climb	1/1	▲	20s
V	She WAS 5'7"	64	Ride	1/1	▼	
V	WE was chill	32	Ride	1/1	▲	
C	I was thinkin' about HER	32	Standing Climb	1/1	▲	
C	So I travel BACK	32	Race	1/1		
MT	(synth + heavy beat)	64	Standing Climb	1/1	▲	20s
V	She WAS 5'7"	64	Ride	1/1	▼	
V	WE was chill	32	Ride	1/1	▲	
C	I was thinkin' about HER	32	Standing Climb	1/1	▲	
C	So I travel BACK	32	Race	1/1		
MT	(synth + heavy beat)	64	Standing Climb	1/1	▲	20s
V	■ It's goin' too smooth	64	Ride	1/1	▼	
V	AND it was about the	32	Ride	1/1	▲	
C	I was thinkin' about HER	32	Standing Climb	1/1	▲	
C	So I travel BACK	32	Race	1/1		
QChg	If you EVER love	1-32 33-64	Ride Ride	slow build		
C	I was thinkin' about HER	32	Standing Climb	1/1	▲	
C	So I travel BACK	32	Race	1/1		
MT	(synth + heavy beat)	64	Standing Climb	1/1	▲	30s
Inst	(galloping beat + synth)	32	Race	1/1R		to end

→ Participants may expect to sit down during the second half of this 64 count section. Be sure to let them know to remain standing for the whole section. This twenty second section returns four times in the track.

→ Slowing the pace for a little recovery is always an option. Be aware of the needs of your class and coach to what you see; however, participants should be encouraged to push to a physical peak.

→ This section is a little different. There is a short break before the final push to the finish. Lay out the road for participants so they know what is left.

→ Be sure participants know this is the last section of work.

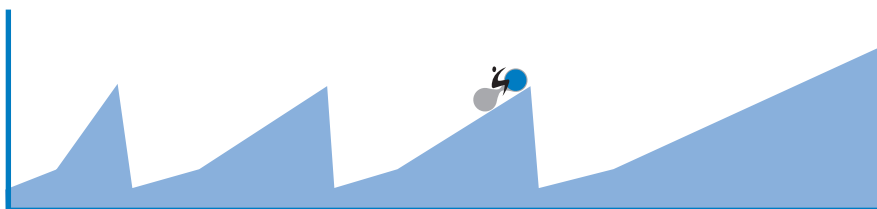
→ The ramp is a sudden tempo change. Let participants know what is coming so they can jump on it and finish strong!

NOTE

BEHIND THE TRACK: This track was chosen because of its high energy to drive the Chase workout objective, but also because it is a different sound musically than many of the other Chase tracks. Enjoy!

TEACHING TARGET: Let participants know that Chase gets started right off the bat. The heart rate will still be up when the work begins with the first Standing Climb. They will need prompting to be ready to get going or they won't be ready to join the work.

P.S. The Chase track and the Intervals track are designed to work together. The work in Intervals is predominantly in the saddle, but the work in Chase is predominantly out of the saddle. This is something that you might point out in your Chase track introduction, your Intervals track introduction or even in your class introduction.





	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst	(drums + bass)	16	Seated Coast	slow		
Inst	(rhythm + synth)	1-16	<u>Stress Reversal</u> UT (lat flex neck w/reach behind)	slow		
		17-32	UT (other side)	slow		
Inst	(empties) I don't MIND	1-16	<u>Stress Reversal</u> Ant Delt (ext shoulders, clasp hands)	slow		
		17-32	Transition to Ride	build	▲	
V	All my LIFE	64	Ride	1/1 or 1/2		
PC	But I don't MIND	32	Ride	1/1 or 1/2		
C	She's a MONSTER	64	Race	1/1	▲	45s
RP	I don't mind, I don't, I don't	32	Race	1/1		
V	All my LIFE	64	Ride	1/1 or 1/2		
PC	But I don't MIND	32	Ride	1/1 or 1/2		
C	She's a MONSTER	64	Race	1/1	▲	
RP	I don't mind, I don't, I don't	32	Race	1/1		
V	In her EYES there's love	32	Ride	1/1 or 1/2		
PC	But I don't MIND	32	Ride	1/1 or 1/2		
C	She's a MONSTER	64	Race	1/1	▲	
RP	I don't mind, I don't, I don't	32	Race	1/1		
Chg	Playing with my heart	1-16	Transition to Seated Coast	slow		
		17-32	Shoulder Roll	slow		
RP	And I don't mind, I don't	1-16	Transition to Ride	build		
		17-32	Ride	1/2		
RP	And I don't mind, I don't	32	Ride	build	▲	
C	She's a MONSTER	64	Race	1/1		45s
Inst	(rhythm + synth) OOOO, oo	32	Race	1/1		
Inst	(rhythm + synth) I don't MIND	32	Transition to Ride	1/2		

→ Encourage participants to pick up the pace during the Chorus (C), even if they only do the faster pace for a few seconds and then slow back down. They will improve over time.

→ Remind participants that the Climb track is next. Coach them to make sure they are focused and ready for the work that follows.

NOTE

TEACHING TARGET: Coach this track based on what you see in the room. If most participants have little difficulty riding the pace, then encourage them to up the ante with resistance. If some participants struggle with the pace, then encourage them to give the pace a go but to slow down when needed.

P.S. Participants have to practice riding the faster pace. The way to learn to ride with a faster cadence is to work at it in small sections at first. Over time the body becomes better at the skill and the ability to lengthen duration of the faster pace will increase.

If participants spend a good deal of time with the slower pace then they will need to push a little during the last 45 seconds to make sure the body is ready for Climb. Recovering for the whole track may leave them flat at the beginning of Climb.





	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst	(synth + light drums)	16	Seated Coast	slow		
Inst	(synth + light drums) We never ■ stop	32	Transition to Ride	build	▲	
Inst	(bigger synth)	32	Ride (seated climb)	1/1		
V	(male) DON'T be late	64	Ride (seated climb)	1/1	▲	52s to
V	(female) If this is TRUE I thought	64	Ride (seated climb)	1/1	▲	break
QPC	I have to learn, I have to try	32	Transition to Standing Climb	slow	▲	
Inst	(empty synth) Pull up the shots BIT a bad boy	1-28 29-32	Standing Climb Standing Climb	1/2 1/1		
MT	(synth + heavy bass)	96	Standing Climb	1/1		40s
V	(male) Take the GOOD with the bad	32	Ride (seated climb)	1/1		
PC	(female) I have to learn, I have to try	1-16 17-32	Ride (seated climb) Transition to Standing Climb	1/1 1/2	▲	
MT	(synth + heavy bass)	96	Standing Climb	1/1		
Inst	(empty) Make you FLY	32	Standing Climb	slow		
Inst	(empty) In fact this tune is gonna	32	Standing Climb	slow	▲	
MT	(synth + heavy bass) Yeah, hold on	32	Standing Climb	1/1R		42s
V	Take the GOOD with the bad	32	Standing Climb	1/1		to end
MT	(synth + heavy bass) Yeah, hold on	32	Standing Climb	1/1R		
Inst	(synth + drums) We never ■ stop	16	Standing Climb	1/1		
Outro	(fades) Make you FLY	8	Standing Climb	slow		

1 Climb

→ Let participants know that there is just one mountain, with the goal of building resistance all the way to the end.

→ This is the first of three pace breaks in the track. Participants will need this break to prepare for the section that follows.

→ Pre-cue the return to the saddle and that it should feel more challenging than standing.

→ This is just a pause to gather oneself and transition to Standing Climb.

→ This is the final break. Coach what remains in the workout and the goal of "emptying the tank" physically.

NOTE

BEHIND THE TRACK: One mountain is a very popular track design that requires a great song to work well. This track has all of the ingredients to go off in class. Enjoy!

TEACHING TARGET: Clearly lay out the road for participants in each section of the track so that they are aware of what they have left. This can be done effectively by coaching ETAs and the movements in and out of the saddle.

Even though the resistance is not reduced, this one mountain has three sections. Clearly coach this so participants can manage their intensity.

P.S. Motion in the upper body during Ride (seated climb) sections is a good indicator of appropriate resistance. Once the load gets heavy, the upper body will begin to move side to side. While the movement should not be exaggerated, it is not necessary to be still.





	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst	(guitar + piano)	1-16	Seated Coast	slow		
		17-24	<u>Stress Reversal</u> Pec Major (abd shoulders)	slow		
		25-32	Seated Coast	slow		
V	■ On a dark desert highway	32	Transition to Ride	1/2 or 1/1	▲	
V	■ As she stood in the doorway	32	Ride	1/2 or 1/1		
C	■ Welcome to the Hotel California	32	Race	1/1		
V	■ Her mind is Tiffany twisted	32	Ride	1/1		
V	■ So I call up the captain	32	Ride	1/1		
C	■ Welcome to the Hotel California	32	Race	1/1		
Inst	(guitar solo + horns)	32	Race	1/1		90s
Inst	(guitar solo + horns)	32	Race	1/1		to end
Inst	(guitar solo + horns)	32	Race	1/1		
Inst	(guitar solo fading)	24	Race	1/1		

→ Be sure to mention this song's artists during your track introduction or early in the track. We found during testing that participants love the song when they know up front that it is a stylized version of the original Eagles song.

→ Use this guitar solo as an opportunity to connect with participants and check in on how they are feeling.

NOTE

BEHIND THE TRACK: Participants might not know the version but they will know the song. This is an awesome stylized Latin version of the classic Eagles song with a great celebratory feel.

TEACHING TARGET: Use the time in Race at the end of the track as an opportunity to highlight the benefits of stretching to your participants to encourage them to stay for the final track rather than leaving early.

P.S. Celebrate is a great opportunity to highlight general or specific workout concepts, for example how participants will improve with consistent practice of a release over time or revisiting a point of your coaching from the workout to drive the point home.





	LANDMARKS	BLK	POSITION
Inst	(synth)	2	Set up Spinal Rotation seated on bike
V	My WHOLE life	1-16 17-32	Spinal Rotation (rotate trunk, hand on opp knee) Spinal Rotation (other side)
PC	'Cause I KNOW this love	16	Ant Delt (ext shoulders, clasp hands)
C	We SAY goodbye	1-16 17-32	Hams + Gastroc (standing on bike , flex hip, ext knee, dorsiflex ankle) Hams + Gastroc (other side)
V	ALRIGHT , everything is	1-16 17-24 25-32	Transition to standing on floor UT L (lat flex neck w/reach behind) UT R (other side)
PC	And I WONDER if you	16	Pec Major (abd shoulders)
C	We SAY goodbye	1-16 17-32	Gastroc L (ext knee, dorsiflex ankle) Hip Flexors L (ext hip, tilt pelvis post)
Inst	(synth + drums)	1-16 17-32	Glute Med/Min L (foot on opp knee) Glute Med/Min R
Chg	So CHANGE your mind	16	Hams (fold F)
C	SAY goodbye	1-16 17-32	Gastroc R Hip Flexors R
Rep	Stay with me, stay	32	Quads R (flex knee, hold lower leg)
Rep	Stay with me, stay	32	Quads L
Inst	(synth fades)	1-8 9-20	Spinal Flexors (ext trunk + reach arms OH) Release

→ Let participants know early that the stretches start on the bike so they don't jump off the bike and end up needing to climb back on.

NOTE

TEACHING TARGET: This song provides the opportunity to spend a longer time than usual in the Quad stretches. Coach proper Quad stretch technique and ways to get a little deeper in the stretch to help participants relax the prime mover muscles of the cycling workout.



	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst	(drums + bass)	1-16 17-32	Seated Coast Transition to Ride	slow build	▲	
Inst	(ADD light guitar)	32	Ride	1/1		
Inst	(drums + guitar) According to YOU	32	Ride	1/1	▲	
QC	EVERYTHING is opposite	24	Transition to Standing Climb	slow	▲	
Br	(drums + electric guitar)	8	Standing Climb	build		
V	According to YOU , I'm stupid	32	Ride (seated climb)	1/1	▼	
V	■ I'm a mess in a dress	32	Ride (seated climb)	1/1	▲	
C	According to HIM , I'm beautiful	64	Standing Climb	1/1	▲▲	25s
V	According to YOU , I'm boring	32	Ride (seated climb)	1/1	▼	
V	■ I'm a girl	32	Ride (seated climb)	1/1	▲	
C	According to HIM , I'm beautiful	64	Standing Climb	1/1	▲▲	
Chg	■ I need to feel	32	Ride (seated climb)	1/1		
Inst	(electric guitar solo)	32	Ride (seated climb)	1/1	▲	
Inst	(empties)	16	Transition to Standing Climb	1/2		
QV	According to ME , you're stupid	16	Standing Climb	1/2		
C Chg	According to HIM , I'm beautiful	64	Standing Climb	1/1	--▲	25s
V	According to YOU , I'm boring	32	Ride (seated climb)	1/1	▼	
V	■ I'm a girl	32	Ride (seated climb)	1/1	▲	
C	According to HIM , I'm beautiful	64	Standing Climb	1/1	▲▲	
Chg	■ I need to feel	32	Ride (seated climb)	1/1		
Inst	(electric guitar solo)	32	Ride (seated climb)	1/1	▲	
Inst	(empties)	16	Transition to Standing Climb	1/2		
QV	According to ME , your stupid	16	Standing Climb	1/2		
C Chg	According to HIM , I'm beautiful	64	Standing Climb	1/1	--▲	25s

Calibration

1st Hill

2nd Hill

3rd Hill

→ This Standing Climb/resistance increase is simply an opportunity to calibrate the resistance for the remainder of the track.

NOTE

BEHIND THE TRACK: This song was chosen because it is a great current song that will make a great addition to your Group Ride library.

TEACHING TARGET: Be sure to clearly coach the road map on this track so that participants know where they are in the middle of the track.

P.S. This song is full of great entertainment opportunities. Listen to the lyrics and find ways to work with the music to add a bit of fun to the track.





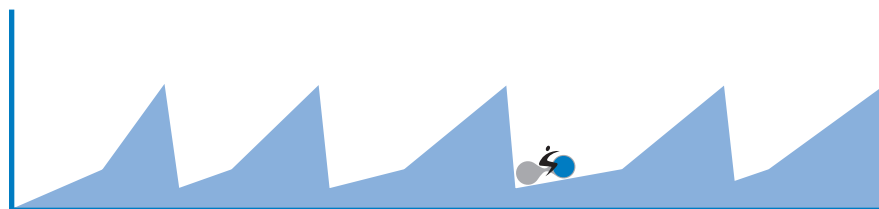
	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst	(percussion + siren builds)	1-16 17-32	Seated Coast Transition to Ride	slow build	▲	
RP	HERE we go, here we go	32	Ride	1/1		
MT	(full synthesizer) ...Gotta get, get	32	Race	1/1	▲	
C	BOOM, boom, boom	32	Standing Climb	1/1	▲	
C	BOOM, boom, boom	32	Race	1/1		
V	I got that HIT that beat	64	Ride	1/1	▼▲	
C	BOOM, boom, boom	32	Standing Climb	1/1	▲	
C	BOOM, boom, boom	32	Race	1/1		
MT	(full synthesizer)	32	Race	1/1	▲	11s
Inst	(fades)	1-16 17-32	Ride Ride	slow build	▼	
V	I'm on that SUPERSONIC boom	64	Ride	1/1	--▲	
C	BOOM, boom, boom	32	Standing Climb	1/1	▲	
C	BOOM, boom, boom	32	Race	1/1		
MT	(full synthesizer)	32	Race	1/1	▲	
Inst	(fades)	1-16 17-32	Ride Ride	slow build	▼	2m to end
Chg	I'm a BEAST when you	64	Ride	1/1 or 1/2	--▲	
Inst	(builds) ...I'll be rockin'	32	Ride	1/1	▲	
C	BOOM, boom, boom	32	Standing Climb	1/1	▲	
C	BOOM, boom, boom	32	Race	1/1		
MT	(full synthesizer)	32	Race	1/1	▲	
V	(Fergie) I like that BOOM boom	32	Ride	1/1	▼	
C	BOOM, boom, boom	32	Standing Climb	1/1	▲	
Rep	BOOM, boom, boom	32	Race	1/1		32s
Inst	(percussion + synthesizer)	64	Race	1/1R		to end

→ There is no break between the last two sections. Let participants know that this will push them to the first physical peak by the end.

NOTE

BEHIND THE TRACK: The workout in this Chase track contrasts the Chase track in the main release because more time is spent in the saddle. Switching to this track after a couple of weeks will change the feel of the middle of the release and shake things up for participants.

TEACHING TARGET: Be sure to coach options to help participants be successful with the intensity of the Chase track. Participants that want to work hard will do so even if you show an easier option. Participants that need a break may not take one if you never acknowledge options.



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KEY

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
—▲▲	Change resistance at counts 33 and 65
■	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
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
Glute Max	Gluteus Maximus
Glute Med	Gluteus Medius
Glute Min	Gluteus Minimus

KEY

movements

Symbols/ Abbreviations	Description
Hams	Hamstrings
Hip Add	Hip Adductor
ITB	Iliotibial Band
IR	Internally Rotate
L	Left
Lat	Lateral
Lats	Latissimus Dorsi
OH	Over Head
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