

LET'S MOVE!

GROUP  **RIDE®** **OCT12**

THE RELEASE

1. **RIDE**
Tonight Tonight
Hot Chelle Rae
2. **TERRAIN**
Rumour Has It
Adele
3. **ROLL**
Heartbreaker
Pat Benatar
4. **INTERVALS**
Countdown
TNT aka Technoboy 'N' Tuneboy
5. **CHASE**
Thinks Fr Th Mmrs
Fall Out Boy
6. **SPIN**
Titanium
David Guetta feat. Sia
7. **CLIMB**
Punk Fanatic
TNT aka Technoboy 'N' Tuneboy
8. **CELEBRATE**
Good Riddance (Time Of Your Life)
Green Day
9. **STRETCH**
Easy
Rascal Flatts feat. Natasha Bedingfield
10. **BONUS TERRAIN (2)**
I Wish
Stevie Wonder
11. **BONUS ROLL (3)**
Pumped Up Kicks
Foster the People
12. **BONUS STRETCH (9)**
If I Die Young
The Band Perry

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

BEHIND THE RELEASE

THE CAMPAIGN: Group Ride For Hope

WHAT THEY RAVED ABOUT IN TESTING: "Such a great mix of music, along with a motivating workout!!!"

"Felt the difference in my legs. Seated climb took on a new meaning!"

"Participants were singing, laughing, sweating, and groaning through this one, and even though they found it one of the most challenging Ride workouts yet, were wanting to do it again!!"

"Loved the combination of intervals and chase, plus the big finish in climb."

"Lots of sweat and hard-working bodies."

MOST MEMORABLE MOMENT: At the end of mountain #3 in Climb, the looks were priceless. We love that moment where we think the impossible has just been asked of us, but we know we can push through. Thank You!!

SONG AND PROGRAMMING THAT SCORED HIGHEST IN TESTING: Adele's *Rumour Has It* and the Climb track.

CHECK OUT THE EDUCATION: Understand the how and why of Group Ride music selection—how the music impacts the workout experience and creates consistency in the program—as we take a look at *Music In Ride*.



GROUP RIDE®
FOR HOPE

Hope for mothers, sisters,
daughters, wives, and friends.



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 **Jeffrey Pinkerton**

Testers

Arlinda Adams	Chris Holt	Ali Reti
Dennis Bowers	Leah Hughes	Heather Scallan
David Cocci	William Jones	Heidi Stowman
Terie Dowling	Kim Kayley	Alexis Vance
Amanda Durkin	Kim Ormsby	Lee Ward
Amy Friesen	Kathleen Penner	Shelli Williams
David Fullwood	Trudy Pond	Cristie Wisecarver
Denise Hayhurst	Pennie Pons	

Test Facilities

Atlanta Fitness Newnan Newnan, GA	Gold's Gym West Cobb Austell, GA
ClubSport of Oregon Tigard, OR	Impact Sports & Fitness Cordele, GA
Coop's Health & Fitness Spartanburg, SC	Ladies Fitness & Health Cartersville, GA
Courthouse Athletic Club-Keizer Keizer, OR	Ladies World Health & Fitness Vernon, BC (CAN)
Courthouse Athletic Club-Battle Creek Salem, OR	Mawson Health & Fitness Saskatoon, SK (CAN)
Courthouse Athletic Club-South Salem, OR	NRG Fitness Center Young, NSW (AUS)
Courthouse Athletic Club Tualatin, OR	Solano Athletic Club Fairfield, CA
Fitness for Everybody Fort Walton Beach, FL	Sports & Fitness-Ballantyne Charlotte, NC
Global Fitness Fitchburg Fitchburg, MA	Sports & Fitness-Indian Trail Indian Trail, NC
Global Fitness Leominster Leominster, MA	Sun Oaks Redding, CA
Gold's Gym McDonough McDonough, GA	Superior Athletic Club Medford, OR
Gold's Gym Prince George Prince George, BC (CAN)	The Rush Fitness Asheville, NC
Gold's Gym Richmond Richmond, BC (CAN)	Whitaker Wellness Center Naples, FL
Gold's Gym Suwanee Sugar Hill, GA	Work Out World Wall Wall, NJ
Gold's Gym Vancouver Vancouver, BC (CAN)	YMCA of Fredericton Fredericton, NB (CAN)

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

Music Editing **Michael Wynne Productions, LLC.**

Presenters **Mark Goffi**
Jeffrey Pinkerton

Proof Team **Sophie Coyne**
Tracey DeLong
Amanda Durkin
Mark Goffi
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 and in 2010 became the Group Ride Program Developer. 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, training and speaking 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 Core. When she is not chasing after her daughters, Riley and Colbi, plus her husband Terry, she enjoys photography, her iPad, going home to Australia 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.

TONIGHT TONIGHT

Ride

Tonight Tonight is a song by American pop rock band Hot Chelle Rae released as the lead single from their second album *Whatever* in 2011. This pop rock song has been certified double platinum by the Recording Industry Association of America with purchases exceeding 2,000,000. The song also topped the US Billboard Adult Pop Songs chart and reached #7 on the US Billboard Hot 100 chart.

RUMOUR HAS IT

Terrain

Rumour Has It is a song by English singer-songwriter Adele from her second studio album *21*. The song contains jazz, blues, and pop elements accompanied by a stomp beat and piano. The single received generally positive reviews from critics who praised Adele's voice and the song's "catchiness," topping the US Billboard Triple A chart.

HEARTBREAKER

Roll

Pat Benatar's *Heartbreaker* was released as a single from her 1979 album *In The Heat Of The Night*. The song reached #23 on the US Billboard Hot 100 chart and was named the 72nd best hard rock song of all time by VH1.

COUNTDOWN

Intervals

Countdown is a techno song by Italian hardstyle DJ and producer TNT aka Technoboy 'N' Tuneboy from the album *Countdown/The Eighth Note WEB*, released in 2011 by Titanic Records.

THNKS FR TH MMRS

Chase

Thnks Fr Th Mmrs is a song by American rock band Fall Out Boy, released in 2007 as the second single from their fourth studio album *Infinity On High*. This alternative rock song was a commercial success, reaching #11 on the US Billboard Hot 100 chart. It also became the band's highest charting and most popular single in Australia at #3 on the ARIA charts.

TITANIUM

Spin

Released as a single by French DJ and music producer David Guetta, *Titanium* features vocals by Australian recording artist Sia. *Titanium* was taken from his fifth studio album *Nothing But The Beat*, and attained the top position on the UK Singles chart and the UK Dance chart.

PUNK FANATIC

Climb

Punk Fanatic is a techno song by Italian hardstyle DJ and producer TNT aka Technoboy 'N' Tuneboy from the album *The Album*, released in 2011 by Titanic Records.

GOOD RIDDANCE (TIME OF YOUR LIFE)

Celebrate

Green Day's *Good Riddance (Time Of Your Life)* was the second single released from the album *Nimrod* in 1997. This acoustic rock song ranked at #2 on the US Billboard Modern Rock Tracks chart and, as of January 2012, *Good Riddance (Time of Your Life)* has sold 2,072,000 copies.

EASY

Stretch

Easy was released in mid-2011 by the country music group Rascal Flatts as a duet with British pop singer Natasha Bedingfield. It is the third single from Rascal Flatts' 2010 album *Nothing Like This*. *Easy* reached #20 on the US Billboard Adult Contemporary chart. It became Rascal Flatts' fifth Adult Contemporary Top 20 hit.

I WISH

Bonus Terrain

I Wish is a hit song by Stevie Wonder released in 1976 as a single. It included on the album *Songs In The Key Of Life*. Written and produced by Wonder, the song focuses on his childhood. The single hit #1 on the US Billboard Hot 100 and Soul Singles chart.

PUMPED UP KICKS

Bonus Roll

Pumped Up Kicks is a song by American indie pop band Foster the People and became the group's breakthrough hit and was one of the most popular songs of 2011. It was released as the group's debut single in September 2010, and the following year was included on their debut album *Torches*. The song spent eight consecutive weeks at #3 on the US Billboard Hot 100 chart.

IF I DIE YOUNG

Bonus Stretch

If I Die Young, by American country group The Band Perry, was released as their second single in 2010 and serves as the lead single to the group's self-titled debut album. This country song topped the US Billboard Adult Contemporary chart and the US Billboard Country Songs chart.



	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst	(electric guitar + drums)	16	Transition to Ride	build		
V	It's been a REALLY , really	16	Ride	1/1	▲	
PC	LA , la, la, whatever	16	Ride	1/1		
C	We're goin' at it TONIGHT	32	Race	1/1		
V	I WOKE up with a strange tattoo	16	Ride	1/1	▲	
PC	LA , la, la, whatever	16	Ride	1/1		
C	We're goin' at it TONIGHT	32	Race	1/1		
MT	WHOA oh oh, c'mon	16	Race	1/1		
V	It's been a REALLY , really	16	Ride	1/1	▲	
PC	LA , la, la, whatever	16	Ride	1/1		
C	We're goin' at it TONIGHT	32	Race	1/1		
V	I WOKE up with a strange tattoo	16	Ride	1/1	▲	
PC	LA , la, la, whatever	16	Ride	1/1		
C	We're goin' at it TONIGHT	32	Race	1/1		
MT	WHOA oh oh, c'mon	16	Race	1/1		
QMT	WHOA oh oh, c'mon	16	Ride (seated climb)	1/2	▲	
Chg	JUST don't stop let's keep	64	Standing Climb	1/2		
Chg	It's ■ you and me and we're	16	Standing Climb	1/2	▲	
C	We're goin' at it TONIGHT	32	Race	1/1	▼	54s to
C Chg	It's ALRIGHT , alright tonight	16	Race	1/1		end
MT	WHOA oh oh, whoa oh oh	16	Race	1/1	▲	
Rep	JUST don't stop	32	Race	1/1R		
Inst	(electric guitar + drums)	16	Transition to Seated Coast	slow		

- Establish the fact that the goal in Group Ride is to ride to the rhythm of the music to create consistency in the intensity of the workout. It is important that this is clear so the Ramp technique at the end of the track, or speeding up when the music speeds up, will have context.

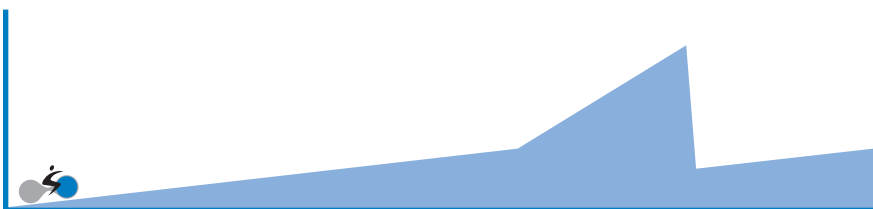
- Coach the top of the hill as an acceleration uphill against the resistance. This will push the intensity a little, but it will also establish the technique that will return in the Terrain track.

- Use this Ramp section as an opportunity to establish what a Ramp is and coach it as a preparation for the faster pace in Terrain.

NOTE

TEACHING TARGET: Working in Standing Climb tends to push the heart rate higher because it recruits more muscle. Climbing in the saddle does not feel like it pushes the heart rate quite as much, but the legs feel the intensity because the body weight does not assist. Coach this in your introduction and during the hill in this track to establish expectations for the later tracks in the release.

Be sure to take a look at the OCT12 Teaching Target titled **Music In Ride** on the Education Resources DVD.





	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst	(drums) OOH , ooh	1-16 17-32	Seated Coast Transition to Standing Climb	slow slow	▲	
Inst	(bass beat) OOH , ooh	1-16 17-32	Standing Climb Standing Climb	build 1/2		
V	SHE , she ain't	32	Standing Climb	1/2		
V	SURE , she's got it all	32	Standing Climb	1/2	▲	
C	BLESS your soul	32	Race	1/1	▼	30s in
RP	OOH , rumour has it	32	Race	1/1	▲	Race
Inst	(bass beat) OOH , ooh	1-16 17-32	Transition to Standing Climb Standing Climb	slow build	▲	
V	SHE , she ain't	32	Standing Climb	1/2		
V	SURE , she's got it all	32	Standing Climb	1/2	▲	
C	BLESS your soul	32	Race	1/1	▼	
RP	OOH , rumour has it	32	Race	1/1	▲	
Inst	(bass beat) OOH , ooh	1-16 17-32	Transition to Standing Climb Standing Climb	slow build	▲	
V	SHE is half your age	32	Standing Climb	1/2		
V	Like WHEN we creep out	32	Standing Climb	1/2	▲	
C	BLESS your soul	32	Race	1/1	▼	60s in
RP	OOH , rumour has it	32	Race	1/1	▲	Race
Inst	(synthesizer + bass)	32	Race	1/1		
RP	OOH , rumour has it	32	Race	1/1		
Inst	(bass beat) OOH , ooh	1-16 17-32	Transition to Standing Climb Standing Climb	slow build	▲	
V	SHE is half your age	32	Standing Climb	1/2		
V	Like WHEN we creep out	32	Standing Climb	1/2	▲	
C	BLESS your soul	32	Race	1/1	▼	
RP	OOH , rumour has it	32	Race	1/1	▲	
Inst	(synthesizer + bass)	32	Race	1/1		
RP	OOH , rumour has it	32	Race	1/1		



OPTION: Skip a resistance change - participants may need a little more time to get into the work-out or they may get plenty of resistance at the base of the hill.



OPTION: Pace = 1/2 - if participants are feeling ready, they can go immediately to the working pace and begin the climb.

► This is not intended to be a **BLK** resistance change. It is simply keeping the intensity moving forward. Base the change on how it feels. It should feel like the intensity picks up a little more.

► Participants will need to know ahead of time that the last two race sections are longer than the first two. This information will help them mentally prepare for the increased intensity.



OPTION: Load = ▲ - if participants want more intensity, they can add more resistance.



OPTION: Pace = 1/2 - participants can pull back any time they need to reduce intensity.

NOTE

BEHIND THE TRACK: This song scored the highest for music during the **Testing Phase of Program Development**.

TEACHING TARGET: Coach and role model options throughout the Terrain track for both higher and lower intensity. Some participants will be raring to go, but others may take a little more time to get into the workout. Connect with your class and try to offer something for everyone.

P.S. The Terrain track is the part of the workout where participants go from warmed up to their working zone. It is where they will begin to feel the intensity rise.





	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst	(drums + hi-hat)	1-16 17-32	Seated Coast Transition to Ride	slow build	▲	
Inst	(light synthesizer + bass)	32	Ride (seated climb)	1/1		
Inst	(builds) You're a ■ heartbreaker	32	Ride (seated climb)	1/1	▲	
MT	(synthesizer)	64	Standing Climb	1/1	▲	25s
V	■ Your love is like a tidal wave	32	Ride (seated climb)	1/1	▼	
PC	■ You're the right kind of	32	Ride (seated climb)	1/1	▲	
Br	(drums)	4	Ride (seated climb)	1/1	▲	
C	You're a ■ heartbreaker	64	Standing Climb	1/1		37s Hill
MT	(synthesizer)	32	Standing Climb	1/1	▲	
V	■ Your love is like a tidal wave	32	Ride (seated climb)	1/1	▼	
PC	■ You're the right kind of	32	Ride (seated climb)	1/1	▲	
Br	(drums)	4	Ride (seated climb)	1/1	▲	
C	You're a ■ heartbreaker	64	Standing Climb	1/1		
MT	(synthesizer)	32	Standing Climb	1/1	▲	
V	■ Your love has set	32	Ride (seated climb)	1/1	▼	
PC	■ You're the right kind of	32	Ride (seated climb)	1/1	▲	
Br	(drums)	4	Ride (seated climb)	1/1	▲	
C	You're a ■ heartbreaker	64	Standing Climb	1/1		
MT	(synthesizer)	16	Standing Climb	1/1	▲	
QMT	(light synthesizer + snare drum)	16	Transition to Ride	1/1		
Inst	(light synthesizer)	32	Ride (seated climb)	1/1		
Inst	(builds) You're a ■ heartbreaker	32	Ride (seated climb)	1/1	▲	
QPC	■ You're the right kind of	32	Standing Climb	slow		
Br	(drums)	4	Standing Climb	build		
QC	You're a ■ heartbreaker	32	Standing Climb	1/2		50s to
C	You're a ■ heartbreaker	32	Standing Climb	1/1		end
Inst	(guitar solo)	64	Standing Climb	1/1	▲	

1st Hill

2nd Hill

3rd Hill

4th Hill

OPTION: Skip a resistance change - participants may prefer to maintain the intensity rather than increase it.

OPTION: Speed = 1/2 or Ride (seated climb) - slowing the pace is an easy way to moderate the intensity of the hill for a break if needed. Staying in the saddle longer with less resistance is another way to moderate the hill intensity.

► The last hill is longer than the other three. Participants should be ready for the intensity by this point in the work-out.

► Climbing in the Ride position should make the resistance feel heavier because the body weight no longer assists.

OPTION: Speed = 1/1 - if participants are raring to go!

NOTE

BEHIND THE TRACK: Roll, Intervals, and Chase are designed to work together, with the amount of time in Standing Climb gradually decreasing over the three tracks.

TEACHING TARGET: Clearly coach the fact that most of the work is in Standing Climb, which will push the body cardiovascularly. There is greater muscle recruitment when standing, which pushes the intensity higher.

P.S. It is easier to take a break on the hills by simply remaining standing and slowing down. Turning down resistance is okay also, but participants will typically not turn it back up as much afterwards. Remaining standing and slowing down is a more effective way to take a break. That said, sometimes you just need to sit.





	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst	(piano + tapping)	32	Seated Coast	slow		
QMT	(synth)	32	Ride (seated climb)	slow	▲	
Inst	(raspy synth) ■ Connection	32	Transition to Standing Climb	slow	▲	
Br	KEEP the frequency clear	4	Standing Climb	build		
Inst	(bass beat + raspy synth)	128	Standing Climb	1/1R		45s
QMT	(synth + clapping)	32	Transition to Ride (seated climb)	slow		
Inst	(raspy synth) ■ Connection	32	Ride (seated climb)	slow		
Br	KEEP the frequency clear	4	Ride (seated climb)	build		
Inst	(bass beat + raspy synth)	128	Ride (seated climb)	1/1R		
QMT	(synth + clapping)	32	Transition to Standing Climb	slow		
Inst	(raspy synth) ■ Connection	32	Standing Climb	slow		
Br	KEEP the frequency clear	4	Standing Climb	build		
Inst	(bass beat + raspy synth)	128	Standing Climb	1/1R		
QMT	(synth + clapping)	32	Transition to Ride (seated climb)	slow		
Inst	(raspy synth) ■ Connection	32	Ride (seated climb)	slow		
Br	KEEP the frequency clear	4	Ride (seated climb)	build		
Inst	(bass beat + raspy synth)	128	Ride (seated climb)	1/1R		
QMT	(synth + clapping)	32	Transition to Standing Climb	slow		
Inst	(raspy synth) ■ Connection	32	Standing Climb	slow		
Br	KEEP the frequency clear	4	Standing Climb	build		
Inst	(bass beat + raspy synth)	128	Standing Climb	1/1R		

► If you established what a Ramp is during the Ride track, it will be much easier to coach here.

► The intensity after the seated interval should be high enough to leave participants breathless, but less so than after the standing interval, allowing them to continue.



OPTION: Start the interval later - if the intensity is too high, extend the break and join in later.



OPTION: Skip an interval - if the intensity is getting too high, participants can always skip part or all of an interval.



OPTION: Load = ▲ - if your hardcore participants want more of a challenge, encourage them to add resistance for the last interval.

NOTE

TEACHING TARGET: Coach and role model options throughout this track to help participants choose their intensity. The goal is to improve their fitness over time, not to get it all the first time or every time.

P.S. The seated intervals are not a break. The goal is to reduce the cardiovascular intensity slightly and turn the focus to leg strength. This allows participants to more successfully stay with the work for a longer period of time than if they did all of the intervals in Standing Climb.





	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst	(drums + bass)	1-16 17-32	Seated Coast Transition to Ride	slow build	▲	
Inst	(bigger bass)	32	Ride	1/1		
Inst	(synthesizer builds)	32	Ride	1/1	▲	
MT	(synthesizer)	64	Race	1/1R	▲	
V	■ I'm gonna make it bend	32	Ride	1/2	▼	
V	And I WANT these words	32	Ride	1/1		
C	ONE night and one more time	1-32 33-64	Standing Climb Race	1/1 1/1	▲	40s to break
MT	(synthesizer)	64	Race	1/1R		
V	■ I'm gonna make it bend	32	Ride	1/2	▼	
V	And I WANT these words	32	Ride	1/1		
C	ONE night and one more time	1-32 33-64	Standing Climb Race	1/1 1/1	▲	
MT	(synthesizer)	64	Race	1/1R		
V	■ They're looking forward	32	Ride	1/2	▼	
V	It's ALWAYS cloudy	32	Ride	1/1		
C	ONE night and one more time	1-32 33-64	Standing Climb Race	1/1 1/1	▲	
MT	(synthesizer)	64	Race	1/1R		20s
Chg	■ I only think in the form	32	Ride	slow	▼	
Chg	GET me out of my mind	32	Ride	1/1		
QC	One NIGHT , yeah	1-24 25-32	Transition to Standing Climb Standing Climb	slow build	▲	
C	ONE night and one more time	1-32 33-64	Standing Climb Race	1/1 1/1		60s to end
C	ONE night and one more time	1-32 33-64	Standing Climb Race	1/1 1/1	▲	
MT	(synthesizer)	64	Race	1/1R		



OPTION: Speed = 1/1 - if participants want to really push, they can keep the pace up rather than taking this little breather.

- The sections in between the Standing Climb/Race segments will feel short, but they are not supposed to be long enough to recover fully. They are just long enough to get prepared to push hard again. Remember that Chase is a physical peak.



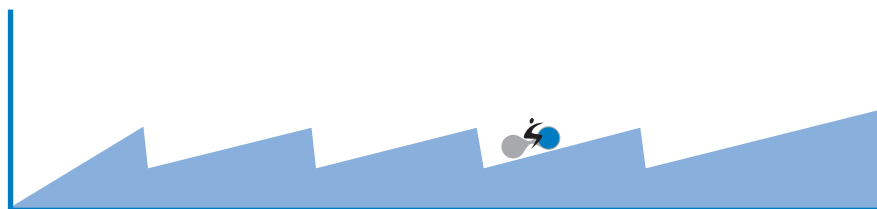
OPTION: Load = ▲ - if participants want a greater challenge, they can add a little more resistance at the beginning of the ramps.

- This Transition to Standing Climb is an opportunity to prepare to really push the intensity to the end of the track. Remember that Spin is next!

NOTE

TEACHING TARGET: Clearly lay out the terrain of the track at the beginning so that participants know what to expect. The Ramps are intense, so be sure that participants know how many there are and where they are along the way. ETAs will also play a big role with perceived success in this track.

P.S. The pedal speed for the Chase track is not actually very fast. In fact, the pace is slower than the Ride track. The intensity is generated by the musical energy and the resistance. The fact that this is the fifth track in the workout also creates the feeling of high intensity.





	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst	(drums + bass)	32	Seated Coast	slow		
Inst	(guitar)	1-24	<u>Stress Reversal</u> Ant Delt (ext shoulders, clasp hands)	slow		
		25-32	Transition to Ride	build	▲	
V	You shout it loud	32	Ride	1/2		
QV	I'm criticized	32	Ride	1/2		
PC	I'm bulletproof	32	Ride	1/2		
C	You shoot me down	32	Ride	build		
MT	(synthesizer + drums)	96	Race	1/1	▲	45s
V	Cut me down	32	Ride	1/2		
QV	Raise your voice	32	Ride	1/2		
PC	I'm bulletproof	32	Ride	1/2		
C	You shoot me down	32	Ride	build		
MT	(synthesizer + drums)	96	Race	1/1	▲	
Chg	Stone hard	1-16 17-32	Transition to Seated Coast Shoulder Roll	slow slow		
Chg	Stone hard	1-16 17-32	<u>Stress Reversal</u> Spinal Rotators (rotate trunk) Spinal Rotators (other side)	slow slow		
C	You shoot me down	32	Transition to Ride	build		
MT	(synthesizer + drums)	128	Race	1/1	▲	60s

- This Stress Reversal opens the front side of the body. Sit up, retract the shoulder blades and extend the spine to get the most out of this stretch.



OPTION: Speed = 1/1 - participants may choose to ride more of this track, or even the entire track, at a faster pace. Coach the options based on the ability of the participants at any given time.

- The rotational stretch is an opportunity to relax the back muscles after the heavy resistance of the last three tracks. This stretch helps participants prepare for the work of the climb track.
- This 60 second Race section is the last chance to "get back in the game" mentally and physically before the climb track. If participants disengage from the workout and reduce the intensity for the whole Spin track, they can end up feeling flat and unprepared for the challenge of the climb track.

NOTE

TEACHING TARGET: Coach participants to make the most of the Stress Reversals. The amount of climbing in this release will fatigue the back as well as the legs. The Stress Reversals are an opportunity to open the front of the body and relieve the back.

P.S. If you have been coaching participants to meet the track objectives and they have been working to meet them, then the reduced intensity at the beginning of the Spin track should be a necessity.





	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst	(light drums)	32	Seated Coast	slow		
Ref	(synth) CALL me a fanatic	32	Transition to Standing Climb	1/2	▲	
Br	(echo + drum build)	8	Standing Climb	1/1		
QMT	(funky synth)	48	Ride (seated climb)	1/1		
MT	(funky synth) Brass disc ON	128	Standing Climb	1/1	▲▲▲▲	52s
Inst	(light drums)	16	Transition to Ride	slow	▼	
Ref	(drums) CALL me a fanatic	32	Ride	slow		
Ref	(synth) CALL me a fanatic	32	Transition to Standing Climb	1/2	▲	
Br	(echo + drum build)	8	Standing Climb	1/1		
QMT	(funky synth)	48	Ride (seated climb)	1/1		
MT	(funky synth) Brass disc ON	128	Standing Climb	1/1	▲▲▲▲	
Inst	(light drums)	16	Transition to Ride	slow	▼	
Ref	(drums) CALL me a fanatic	32	Ride	slow		
Ref	(synth) CALL me a fanatic	32	Transition to Standing Climb	1/2	▲	
Br	(echo)	16	Standing Climb	1/1		
QMT2	(synth + echo)	48	Ride (seated climb)	1/1		
MT2	(synth) Brass disc ON	64	Standing Climb	1/1	▲▲	42s to
QMT2	(synth)	8	Standing Climb	1/1	▲	break
MT2	(synth)	32	Standing Climb	1/1		
Ref Chg	(robotic) CALL me a fanatic	32	Standing Climb	slow		
Inst	(funky synth)	1-16 17-32	Standing Climb Standing Climb	1/2 build		
MT	(funky synth) Brass disc ON	64	Ride (seated climb)	1/1R		34s to
Inst	(bass beat)	32	Ride (seated climb)	1/1R		end

1st Climb

2nd Climb

3rd Climb

OPTION: Skip a resistance change - the goal is to reach a heavy, challenging resistance. If that happens with less than four resistance changes, so be it.

► Participants will want to know how this mountain is different from the others. There is one less resistance increase, a break along the way, and a change to Ride (seated climb) with a Ramp at the end to finish with a bang!

► There are three sudden accelerations in the final Ramp section. Make sure participants know what's coming.

NOTE

BEHIND THE TRACK: This track scored the highest for programming during the **Testing Phase of Program Development**.

TEACHING TARGET: ETAs, options, and lots of motivation will be keys to success in this track. The physical benefits of the workout, like stronger legs, increased cardiovascular fitness, or burning tons of calories, are a great way to motivate participants to continue.





	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst	(guitar)	8	Seated Coast	slow		
Inst	(guitar)	32	Seated Coast	1/2		
V	■ Another turning point	32	Seated Coast	1/2		
C	It's SOMETHING	12	Transition to Ride	build	▲	
Inst	(strings + guitar)	32	Ride	1/1		
V	■ Another turning point	32	Ride	1/1		
C	It's SOMETHING	12	Ride	1/1		
Inst	(strings + guitar)	32	Ride	1/1		
V	■ So take the photographs	32	Ride	1/1		
C	It's SOMETHING	12	Ride	1/1		
Inst	(strings + guitar)	48	Ride	1/1		
C	It's SOMETHING	12	Ride	1/1		36s to
Inst	(strings + guitar)	16	Ride	1/1		end
C	It's SOMETHING	12	Ride	1/1		
Inst	(guitar)	16	Transition to Seated Coast	slow		

► There are intentionally no Stress Reversals in this track to keep things simple. However, participants should feel free to stretch if they prefer to add some.



OPTION: Speed = 1/2 or slow - participants can ride whatever pace they choose. The goal is simply to reduce the heart rate and flush the legs. If participants are more comfortable doing that at a slower pace, they should feel free to do so.

NOTE

BEHIND THE TRACK: This track is purposely designed to allow participants to simply ride. There are very few programming changes so that participants can mentally disengage a bit and recover physically.

TEACHING TARGET: Revisit the coaching thread of what the cycling position does to the feel of intensity in the workout. Standing Climb feels more intense cardiovascularly, while Ride (seated climb) feels more intense for the legs.





	LANDMARKS	BLK	POSITION
Inst	(drums)	6	Transition to standing on floor
Inst	(guitar + drums)	24	Pec Major (abd shoulders w/hands behind head)
V	(Gary) ■ We broke up	24	Glute Med/Min (foot on opp knee)
V	■ No way, not me	24	ITB (add hip, lat flex trunk, reach arm OH)
C	It's EASY	36	Quads (flex knee, hold lower leg)
C	But WHAT she	24	Hip Flexors (ext hip, tilt pelvis post)
Inst	(guitar + drums)	24	ADD Spinal Rotators (rotate trunk, opp hand to front leg)
V	(Natasha) ■ The two things	24	Glute Med/Min (other side)
V	■ I laugh	24	ITB (other side)
C	It's EASY	36	Quads (other side)
C	But WHAT he	24	Hip Flexors (other side)
Inst	(guitar solo)	24	ADD Spinal Rotators (other side)
Br	(guitar build)	6	Transition to next stretch
C Chg	(Gary + Natasha) It's EASY	36	Hams (flex hips)
C Chg	But WHAT she	1-6 7-12 13-24	Roll up Shoulder Roll Ant Delt (ext shoulders, clasp hands)
Rep	Eaaaaayyyy	24	UT (lat flex neck w/reach behind)
Rep	IT'S so easy	24	UT (other side)
Outro	(fades)	***	Spinal Flexors

- This Pec Major stretch is intended to reset the posture before moving into the main stretches. The stretches that follow are more effective if the chest is lifted and the spine is kept in a more neutral position.



OPTION: Reduce the depth of the stretch in the legs or omit the rotation if participants feel uncomfortable with the balance of the stretch.

- Tipping from the hips and keeping the back straight will allow participants to feel the hams stretch without having to dip the head below the heart. This will help prevent any feeling of dizziness when standing.

NOTE

TEACHING TARGET: If participants feel a little off balance during the Hip Flexors stretch when the Spinal Rotators are added, coach them to either widen their stance a little bit side to side or to simply lift up out of the legs a little to reduce the intensity of the stretch.



	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst	(bass guitar) Do, do, do	1-24 25-32	Seated Coast Transition to Ride	slow build	▲	
V	LOOKING back	32	Ride	1/1		
PC	EVEN though we sometimes	16	Ride	1/1	▲	
V	SNEAKING out the back	32	Ride	1/1		
PC	TRYING your best	16	Ride	1/1	▲	
C	I wish those DAYS	64	Race	1/1		30s
QRef	(light bass) Do, do, do	1-24 25-32	Ride Ride	slow build	▼	
V	LOOKING back	32	Ride	1/1		
PC	EVEN though we sometimes	16	Ride	1/1	▲	
V	SNEAKING out the back	32	Ride	1/1		
PC	TRYING your best	16	Ride	1/1	▲	
C	I wish those DAYS	64	Race	1/1		
QRef	(light bass) Do, do, do	1-24 25-32	Ride Ride	slow build	▼	
V	BROTHER says he's tellin'	32	Ride	1/1		
PC	MOMMA gives you money	16	Ride	1/1	▲	
V	SMOKING cigarettes	32	Ride	1/1		
PC	YOU grow up and learn	16	Ride	1/1	▲	
C	I wish those DAYS	64	Race	1/1		
QRef	(light bass) Do, do, do	1-24 25-32	Transition to Standing Climb Standing Climb	slow 1/2	▲	
Inst	(horns + bass)	64	Standing Climb	1/2		
PC	YOU grow up and learn	16	Standing Climb	1/2	▲	
C	I wish those DAYS	64	Race	1/1	▼▲	45s to
Ref	(bass + hi-hat) Do, do, do	32	Race	1/1		end



OPTION: Speed = 1/2 - participants can extend the break for an additional 32 counts if the workout is becoming too intense too quickly.



OPTION: Load = ▲ - participants who want a little more challenge can always turn it up.

NOTE

BEHIND THE TRACK: This track has a different training focus than the Terrain track in the main release. It is a great way to change things up a bit once you are further into the Shelf Life of the release.

TEACHING TARGET: Participants will be spending a great deal of time riding a faster pace in this Terrain track. Be sure to coach that there are breaks between the working sections so participants know what to expect. ETAs will also be important to help participants feel successful.





	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst	(bass beat + whistling)	1-16 17-32 33-64	Seated Coast Transition to Ride Ride (seated climb)	slow build 1/1	▲	
Inst	(whistling + snare drum)	32	Transition to Standing Climb	slow	▲	
MT	(synthesizer + whistling)	32	Ride (seated climb)	1/1		
V	ROBERT'S got a quick hand	32	Ride (seated climb)	1/1	▼	
V	Yeah, he FOUND a six-shooter	32	Ride (seated climb)	1/1	▲	
C	ALL the other kids	64	Standing Climb	1/1	▲	39s to
MT	(synthesizer + whistling)	32	Ride (seated climb)	1/1		the top
V	ROBERT'S got a quick hand	32	Ride (seated climb)	1/1	▼	
V	Yeah, he FOUND a six-shooter	32	Ride (seated climb)	1/1	▲	
C	ALL the other kids	64	Standing Climb	1/1	▲	
MT	(synthesizer + whistling)	32	Ride (seated climb)	1/1		
QV	DADDY works a long day	32	Ride (seated climb)	1/2	▼	
V	I WAITED for a long time	32	Ride (seated climb)	1/1	▲	
C	ALL the other kids	64	Standing Climb	1/1	▲	
MT	(synthesizer + whistling)	32	Ride (seated climb)	1/1		
RP	RUN, run, run	32	Ride (seated climb)	slow	▼	
C Chg	ALL the other kids	32	Ride (seated climb)	1/1	▲	
C	ALL the other kids	64	Standing Climb	1/1R	▲	
MT	(synthesizer + whistling)	32	Ride (seated climb)	1/1		
RP	RUN, run, run	32	Ride (seated climb)	slow	▼	
C Chg	ALL the other kids	32	Ride (seated climb)	1/1	▲	
C	ALL the other kids	64	Standing Climb	1/1R	▲	
MT	(synthesizer + whistling)	32	Ride (seated climb)	1/1		

1st Hill

2nd Hill

3rd Hill

4th Hill

5th Hill

6th Hill



OPTION: Speed = 1/2 - if a longer break is needed.



OPTION: Position = Ride (seated climb) - if a little less intensity is needed, but participants want to keep working, remain in the saddle instead of Standing Climb.

► Once the pace begins to accelerate here, the pace does not slow again until the end of the song. The effect is an accumulation of speed.

NOTE

TEACHING TARGET: The two Ramp sections at the end of this track build on each other. Once the pace increases, it does not slow again until the end of the song. In other words, the pace is getting faster all the way to the end during the last two hills.

P.S. The pace change during the Ramps at the end of the song are very subtle at first. Participants may not even be aware they are accelerating, but they will know by the end!





	LANDMARKS	BLK	POSITION
QC	If I die YOUNG	16	Transition to standing on floor
Inst	(guitar)	8	Pec Major (abd shoulders w/hands behind head)
V	Lord make me a RAINBOW	16	L Hip Flexors (ext hip, tilt pelvis post)
Ref	■ The sharp knife of a	16	L Gastroc (ext hip + knee, dorsiflex ankle)
C	If I die YOUNG	16	L Quads (flex knee, hold lower leg)
Ref	■ The sharp knife of a	16	L Glute Med/Min (foot on opp knee)
V	And I'll be wearing WHITE	16	R Hip Flexors
Ref	There's a ■ boy here in town	24	R Gastroc
C	If I die YOUNG	16	R Quads
Ref	■ The sharp knife of a	16	R Glute Med/Min
Inst	(violin)	1-8 9-16	L UT (lat flex neck w/reach behind) R UT
Br	So PUT on your best	***	Ant Delt (ext shoulders, clasp hands)
QV	A penny for my THOUGHTS	18	Hams (flex hips)
Inst	(guitar)	8	Roll up, transition to next stretch
C	If I die YOUNG	16	L Quads
Rep	Uh OH	16	R Quads
Ref	■ The sharp knife of a	1-8 9-16	R ITB (add hip, lat flex trunk, reach arm OH) L ITB
Outro	So PUT on your best	***	Spinal Flexors (ext trunk, reach arms OH)

► The Pec Major stretch encourages lifting the chest and retracting the shoulders. These same principles will create a more effective Hip Flexors stretch.

► Keeping the good posture established in the Ant Delt stretch will allow you to get an effective Hams stretch without having to bend so far forward.

NOTE

BEHIND THE TRACK: This track was selected as an alternative to the Stretch track in the main release. It is a very popular song and you may find your participants singing along. If this track better suits your club demographic, then feel free to launch with it.

TEACHING TARGET: Use the upper body stretches, like Pec Major, UT, and Ant Delt, to coach the importance of posture. The lower body stretches become more effective when the spine stays in a tall, neutral position.

MUSIC CREDITS

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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