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# LIMITLESS

**BeatBossRHYTHM™ CYCLING LECTURE/MASTER CLASS**

PRESENTED BY  
 Andrea Austin, Creator and Owner  
 Robert Bennett Leadley, Senior Director

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**BeatBossRHYTHM™ CYCLING LECTURE/MASTER CLASS**

IDEA® World 2022, Session 453  
 Friday, July 22, 9:45 am - 11:35 am  
**BeatBossRHYTHM™ CYCLING LECTURE/MASTER CLASS**

**Featuring the Life Fitness® ICG® IC7 Indoor Cycle in Quick Start Mode**

**110 Minutes (Lecture 40 Minutes, Pre-Class Intro 15 Minutes, Master Class 45 Minutes, Take Away 10 Minutes)**



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**BeatBossRHYTHM™ CYCLING LECTURE/MASTER CLASS**

**“The Ultimate Party On The Bike With Purpose”**

**BeatBoss™ Indoor Biking & Consulting**  
 Game Changing Indoor Cycling Format  
 That Is Founded on  
 Science, Safety and The Beat of The Music  
 Uniquely inspired by Road, Mountain and BMX biking  
 NASM, ACE and AFAA Continuing Education Provider

[www.beatboss.rocks](http://www.beatboss.rocks)  
 Facebook: BeatBoss  
 Instagram: BeatBossBiking



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### BeatBossRHYTHM™ CYCLING LECTURE/MASTER CLASS

The following BeatBoss™ Lecture/Master Class is a "Say Hello" introductory time together emphasizing riding the beat of music coupled with watts and rpm (data/science inspired by road biking) plus OPTIONAL BeatBoss™ branded Upper Body Add-Ons (inspired by off road mountain and bmx biking) for greater cross training benefits!

**WELCOME TO IDEA® WORLD 2022!  
WE ARE EXCITED YOU HAVE JOINED US!**

Introductions of Team BeatBoss™:  
Andrea Austin-Creator /Owner and  
Robert Bennett Leadley-Senior Director



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### BeatBossRHYTHM™ CYCLING LECTURE/MASTER CLASS

#### LECTURE/DISCUSSION: 40 MINUTES

**The Who and Why of BeatBoss™ Indoor Biking: Laying The Foundation  
Bridging the gap between the old and new styles of indoor cycling**

- How many of us instruct a road only focused ride? Road and upper body? New to instructing indoor cycling?
- "Traditional" vs. "Non-Traditional" and the tension between the two thought processes
- The BeatBoss™ "WHY": The gap is now bridged by marrying the best of both worlds
- We studied the unique benefits of three variable biking styles and wove them together with a cross training (vs. sport specific) focus: Road and Off Road (Mountain and BMX Biking)
- We created a super fun format that is a certification with continuing education!



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### BeatBossRHYTHM™ CYCLING LECTURE/MASTER CLASS

#### Benefits of Outdoor Road Biking<sup>1</sup> (play sample video)

- Emphasizes power (watts) and endurance in legs and glutes
- Builds lung health/capacity
- Focuses on aerodynamic body position (rounded spine/low body)



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**BeatBossRHYTHM™ CYCLING LECTURE/MASTER CLASS**

**Benefits of Outdoor Mountain Biking<sup>2</sup> (play sample video)**

- Full body workout including lower and upper body
- Improves coordination and balance
- Improves problem solving skills




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**BeatBossRHYTHM™ CYCLING LECTURE/MASTER CLASS**

**Benefits of Indoor and Outdoor BMX Biking<sup>3</sup> (play sample video)**

- Full body coordination improvement
- Reaction time improvement
- Total body 3D core engagement




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**BeatBossRHYTHM™ CYCLING LECTURE/MASTER CLASS**

**How on Earth Are These Three Biking Styles  
Applicable to An Indoor Group Cycle? One key  
word: INSPIRED by**




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**A new way of looking at indoor cycling: Cross training and Sport Specific training**

- **Cross training definition according to Webster's Dictionary:** "the action or practice of engaging in two or more sports or types of exercise in order to improve fitness or performance in one's main sport" (general fitness people and athlete)
- **Sport Specific training definition according to Webster's Dictionary:** "fitness and performance training designed specifically for athletic performance enhancement within the scope of one sport"




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**A new way of looking at indoor cycling: Cross training and Sport Specific training**

- Marrying indoor cycling sport specific (ROAD) with indoor cycling cross training (OFF ROAD) benefits<sup>5</sup>:
  - ✓ Builds greater legs and lungs endurance and powering ability (watts)
  - ✓ Total body engagement vs. mostly lower body
  - ✓ Improved posture vs. one-dimensional rounded posture
  - ✓ Stronger 3D core vs. mostly anterior chain core
  - ✓ Greater reaction time for life
  - ✓ Emphasis on fascial (connective tissue) health by opening up the body in movement patterns<sup>4</sup>
  - ✓ Higher Injury prevention focus




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**Risk Assessment: The quick comparison of an indoor group cycle vs. an outdoor bike**

- Base of Bike: Fixed-based vs. non-fixed base comparison
  - ✓ SAFER (lower risk)
- Number of wheels comparison (unicycle vs. bicycle)
  - ✓ SAFER (lower risk)
- Environmental differences and risks comparison
  - ✓ SAFER (lower risk)
- Inspired or Replicated: Indoor group cycle is inspired by outdoor bike riding vs. replicating
  - ✓ SAFER (lower risk)




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**Hence...fixed base with movement up top: cracking open the possibilities for greater total fitness utilizing a group cycle**

- Simulating an outdoor road and off road ride takes creating intentional angle changes on an indoor fixed-based group cycle
- Every movement has intention and evidence-based purpose vs. haphazard
- Use of all three planes of motion
  - ✓ Flexion/Extension (Sagittal)
  - ✓ Lateral Flexion (Frontal)
  - ✓ Rotation (Transverse) unlocks greater total body cross training benefits (see three biking styles and their benefits that can now be applied to all of us with BeatBoss™ format)
- ✓ Purpose and party can marry and benefit instructors and riders alike!




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**The key is remaining within your certification/training Scope of Practice**

- Scope of Practice definition according to Webster's Dictionary: "services that a qualified health [or fitness] professional is deemed competent to perform, and permitted to undertake – in keeping with the terms of their professional license [or certification/training]"
- Making sure to hold an active professional indoor cycling certification and continuing education process that supports lower and upper body movement on an indoor group cycle if you either are currently utilizing or plan to utilize within your classes
- Staying fresh in education and not stagnating is vital whether a new instructor or a veteran instructor: This is why we are all here at IDEA® 2022!




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**Now let's apply all that we have learned during this lecture to an introductory (Level1) BeatBossRHYTHM™ 45 minute Master Class and see it all come to life!**




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### Proper bike setup for a BeatBossRHYTHM™ Class

Verbal Pre-Class Intro from Team BeatBoss™ along with Team Life Fitness®

Water and Towel...Let's GO!



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### Post BeatBossRHYTHM™ Master Class (10 Minutes)

#### Take-Aways From Lecture and Master Class

Indoor Cycling can be all encompassing vs. segmented

1. It can be driven by the beat and super fun (people LOVE music driven workouts)
2. It can utilize no data, some data, and high level data and have true science-based purpose (not just fun)
3. It can include a variety of biking inspirations cracking open what was once only one-dimensional indoor cycling
4. It can include upper body movement that is safe and science-based with fitness and athletic purpose
5. It can appeal and adapt to all ages and all fitness levels/abilities
6. It can be an excellent tool that can unify teams of indoor cycling instructors; greater member enjoyment and retention
7. Make sure you hold a certification that has a scope of safe, science-based lower and upper body components riding to the beat if this is the style of instructing you would like to offer.



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### LEARN MORE!

- GO TO OUR WEBSITE FOR IDEA® WORLD 2022 SESSIONS PLAYLISTS: [www.beatboss.rocks](http://www.beatboss.rocks)
- ATTEND our Session #523 BeatBossPOWER™ today at 2:35-4:25 pm and Session #653 BeatBossACTIVEAGING™ Saturday 9:45-11:35 am Sessions
- JOIN US AT OUR IDEA® World 2022 Expo Hall Booth #316 kitty-corner from Life Fitness® Booth!
- SNAP PHOTOS: RED CARPET GROUP PHOTOS!
- Use these hashtags: #beatboss #beatbossidea2022 #beatbossproud #limitless



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## BeatBossRHYTHM™ CYCLING LECTURE/MASTER CLASS

### SOCIAL MEDIA

- Friend Andrea R. Austin, Robert Bennett Leadley
- Follow and like BeatBoss on:
  1. Facebook: BeatBoss
  2. Instagram: BeatBossBiking
- Take a post BeatBoss™ Master Class selfie and post on your social media! Tag BeatBoss™, the Master Presenters/Instructors and IDEA® World 2022!
- VISIT OUR WEBSITE AT: [www.beatboss.rock](http://www.beatboss.rock)
- Message us **ANYTIME** with questions! We are here to help guide you!



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## BeatBossRHYTHM™ CYCLING LECTURE/MASTER CLASS

### BeatBoss™ Branded Services:

- Our Signature NASM (1.4), ACE (1.2), and AFAA (1.4) Approved Full Spectrum 16 Hour BeatBossBASIC™ Certification and BeatBossONline™ Instructor Continuing Education Portal
- BeatBoss™ Instructor Post Certification Advancing Coaching
- BeatBossONDemand/LIVestreaming™ Master Classes Subscription Service
- Studio and Health Club Consulting to create and/or improve on current cycling program



**THANK YOU FOR JOINING US TODAY!**

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## BeatBossRHYTHM™ CYCLING LECTURE/MASTER CLASS

- <sup>1</sup>Source: <https://www.google.com/amp/amp.timeinc.net/cyclingweekly/news/latest-news/benefits-of-cycling-334144%3fsource=d>
- <sup>2</sup>Source: <https://mountainbikesonly.com/benefits-of-mountain-biking/>
- <sup>3</sup>Source: <http://twistuniversity.com/twist-on-extreme-sports-training/>
- <sup>4</sup>Source: [https://cdn.anatomytrains.com/wp-content/uploads/2013/06/Fascial\\_Fitness\\_Training\\_in\\_the\\_Neuromyofascial\\_Web1.pdf](https://cdn.anatomytrains.com/wp-content/uploads/2013/06/Fascial_Fitness_Training_in_the_Neuromyofascial_Web1.pdf)
- <sup>5</sup>Source: <http://www.coachmag.co.uk/fitness/7028/five-benefits-of-cross-training>
- <sup>6</sup>Source: <https://heelthatpain.com/8-health-benefits-of-having-fun/>



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