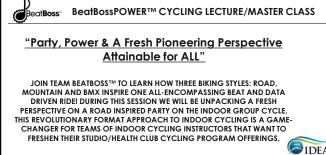


IDEA[®] World 2022, Session 523 Friday, July 22, 2:35 pm - 4:25 pm BeatBossPOWER™ CYCLING LECTURE/MASTER CLASS

<u>Featuring the Life Fitness® ICG® IC7 Indoor Cycle in</u> <u>Power Training Mode</u>

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







BeatBoss™ Indoor Biking & Consulting Game Changing Indoor Cycling Format 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

Facebook: BeatBoss Instagram: BeatBossBiking



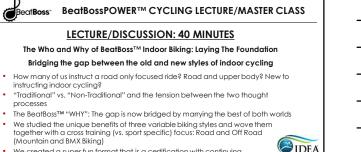


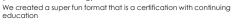
introductory time together emphasizing riding the beat of music coupled with data tracker technology plus unique BeatBoss™ branded methodologies (inspired road biking) for greater athletic and fitness conditioning for all ages and abilities!













BeatBoss[™] CYCLING LECTURE/MASTER CLASS Benefits of Outdoor Road Biking (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)

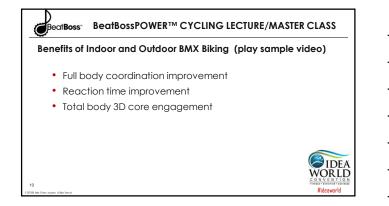


BeatBoss[™] BeatBossPOWER™ CYCLING LECTURE/MASTER CLASS

Benefits of Outdoor Mountain Biking (play sample video)

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





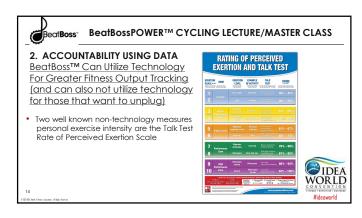




Unpacking the ROAD INSPIRED side of BeatBoss™ Indoor Biking







Let's detail out more options of measured output. Consider these two avenues:

a) Power based training AND

b) Heart rate based training.

c) Which is more optimal and why? (Both are absolutely valid and can vary from day to day based on personal variables)





- What is Power and Watts?
- ✓ Simply put power is the rate at which energy is used (energy over shorter to longer periods of time) and is measured in watts
- Commonly known in electrical conduction (light bulbs, microwaves, fans, anything you plug in to a power source or outlet)



BeatBossPOWER™ CYCLING LECTURE/MASTER CLASS How do we utilize and harness the science of power and watts for indoor cycling? FIP Test Define FIP Test: (Functional Threshold Power Test in a nutshell and how to make it attainable to general population): An FIP test is a simple way of determining your current cycling power performance level.

- Functional means you simply can perform it and use it
- Threshold means barely or right up to the edge of able to perform it
- Power measured in Watts is simply energy output over time
- An FTP Test estimates the highest average power you can sustain for one hour, measured in watts
- In general resistance on the indoor cycle bike (there are more variables if one is outdoor road riding) in conjunction with cadence generates more power (measured in watts)

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To measure your personal wattage using an actual FTP Test you warm up first on your group cycle or outdoor road bike and then ride for 20 minutes at the highest power measured in watts (watts on a technology based indoor cycle or outdoor road bike with watts readout you can maintain.) You then reduce that number by 5 percent to arrive at your **lactate threshold power** (a performance marker showing the highest intensity measured in watts you can sustain before high levels of blood lactate hinder your performance) which is the wattage you can maintain for about an hour. From there you set up training zones of varying durations and watts to reach your personal power performance goals.



#ideaworld



- And how do we measure our own personal watts goals without doing an actual FTP Test? (can be grueling for general population and so we work to make it attainable for group cycle classes)
 - a) A modified or shortened version is performed on an indoor group cycle with FTP watts based technology OR
 - b) An outdoor road bike with watts based technology using formula above



BeatBoss[®] BeatBossPOWER™ CYCLING LECTURE/MASTER CLASS Two choices on a Life Fitness[®] cycle utilizing Watts data and Coach by Color technology: a) An estimated FTP with the Power Training option with corresponding Coach by Color b) An actual FTP test with two options: an abbreviated 5 minute test or a 20 minute FTP Ramp Test with corresponding Coach by Color Today we will be utilizing the Life Fitness[®] Watts based (Power

Today we will be utilizing the Life Fitness® Watts based (Power Training) option vs. Heart Rate Training option



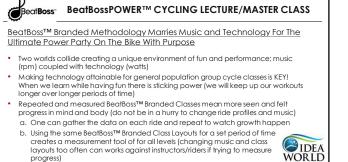




4. HARNESSING INTENTIONAL BODY WEIGHT DISTRIBUTION CHANGES

BeatBoss™ Utilizes Body Weight Distribution With Handlebar Positions

- BeatBoss™ Indoor Biking takes a unique viewpoint on the concept of "Power (watts) training is King/Queen" in indoor cycling: Power is vital to improve leg and lung strength and endurance. Along with the emphasis of power and watts comes just as important focus on stabilization of the bady in and out of the saddle (with watts both higher and lower), core emphasis with variable intentional positions on the bike along with lateral movement, proper head to toe body mechanics and posture improvement intentions for daily life.
- Question: What handlebar position is your "go to"? Why is that?
- Unlocking more coaching variety with intentional body weight distribution changes corresponding to changes of handlebar positions in and out of the saddle
- Notice how during today's BeatBossPOWER™ ride bodyweight distribution changes unlocks more intentional total body awareness and potential fitness growth in yourself



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Accessible and Inclusive for ALL in a group cycle setting

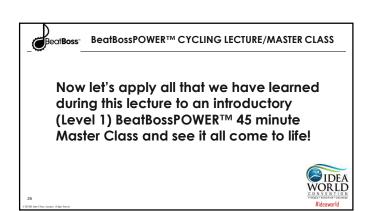
- a) Quick Discussion: Keep in mind use of leaderboards could be flawed: (when all riders of various ages, heights, sex, and levels are placed in competition in a group cycling class)
- b) Creating a space for those that do not want to use technology: watch and notice how during today's BeatBossPOWER™ Master Class this is honored



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[®] World 2022!

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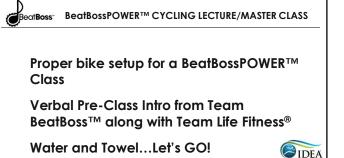


BeatBoss[™] BeatBossPOWER™ CYCLING LECTURE/MASTER CLASS

GOAL OF TODAY'S BeatBossPOWER™ MASTER CLASS: Inclusive and accessible for all levels all working together as one. From beginner to experienced cycle athlete we ride as one! If you want to use technology, notice how all the learning points from today are married together for a customized BeatBossPOWER™ experience!



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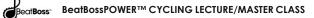






- **WORLD** Make sure you hold an indoor cycling certification with continuing education that has a scope of purpose and why while pedaling to the beat of music if this is the style of instruction you would like to offer.

6.

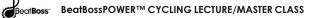


LEARN MORE!

- GO TO OUR WEBSITE FOR IDEA® WORLD 2022 SESSIONS PLAYLISTS: www.beatboss.rocks
- ATTEND our last 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

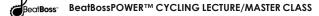


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SOCIAL MEDIA

- 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: <u>www.beatboss.rocks</u>
- Message us <u>ANYTIME</u> with questions! We are here to help guide you!



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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BeatBoss[™] BeatBossPOWER™ CYCLING LECTURE/MASTER CLASS

REFERENCES FOR MORE CONSIDERATION

- <u>https://www.hindawi.com/journals/jeph/2013/686412/</u>
- https://www.nia.nih.gov/health/four-types-exercise-can-improve-yourhealth-and-physical-ability
- <u>https://www.lifespan.org/lifespan-living/benefits-spinning-class-you-age</u>
- http://www.fascialfitness.net.au/articles/the-cellular-components-offascia/

