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LIMITLESS

BeatBossPOWER™ CYCLING LECTURE/MASTER CLASS

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




BeatBossPOWER™ CYCLING LECTURE/MASTER CLASS

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


**Featuring the Life Fitness® ICG® IC7 Indoor Cycle in
 Power Training Mode**

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



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BeatBossPOWER™ CYCLING LECTURE/MASTER CLASS

**“Party, Power & A Fresh Pioneering Perspective
 Attainable for ALL”**

JOIN TEAM BEATBOSS™ TO LEARN HOW THREE BIKING STYLES: ROAD, MOUNTAIN AND BMX INSPIRE ONE ALL-ENCOMPASSING BEAT AND DATA DRIVEN RIDE! DURING THIS SESSION WE WILL BE UNPACKING A FRESH PERSPECTIVE ON A ROAD INSPIRED PARTY ON THE INDOOR GROUP CYCLE. THIS REVOLUTIONARY FORMAT APPROACH TO INDOOR CYCLING IS A GAME-CHANGER FOR TEAMS OF INDOOR CYCLING INSTRUCTORS THAT WANT TO FRESHEN THEIR STUDIO/HEALTH CLUB CYCLING PROGRAM OFFERINGS.



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BeatBossPOWER™ CYCLING LECTURE/MASTER CLASS

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





BeatBossPOWER™ 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 data tracker technology plus unique BeatBoss™ branded methodologies (inspired road biking) for greater athletic and fitness conditioning for all ages and abilities!





BeatBossPOWER™ CYCLING LECTURE/MASTER CLASS

**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





BeatBossPOWER™ 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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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)





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Benefits of Outdoor Mountain Biking (play sample video)

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





Benefits of Indoor and Outdoor BMX Biking (play sample video)

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





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





**Unpacking the ROAD INSPIRED side of
BeatBoss™ Indoor Biking**





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1. ACCOUNTABILITY USING MUSIC

BeatBoss™ Utilizes Music (the beat) For Greater Accountability

- BeatBoss™ Methodology uses a chosen exact RPM (beat of the music) to level an instructor and rider up in their personal fitness
- BeatBoss™ recommends using songs that are highly motivating and speak to a set of riders vs. just what the instructor likes. This will help riders have more fun and work harder without feeling like they are working harder
- To range or not to range: With this higher level of accountability giving modifications all throughout a BeatBoss™ branded class is key





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2. ACCOUNTABILITY USING DATA
 BeatBoss™ Can Utilize Technology For Greater Fitness Output Tracking (and can also not utilize technology for those that want to unplug)

- Two well known non-technology measures personal exercise intensity are the Talk Test Rate of Perceived Exertion Scale

EXERTION RATING	ZONE	EXERTION LEVEL	EXAMPLE ACTIVITY	TALK TEST	RANGE
1	Rest	Very Light	Walking	Very easy	80% - 85%
2	Light	Light	Walking	Easy	86% - 90%
3	Light	Light	Walking	Easy	91% - 95%
4	Light	Light	Walking	Easy	96% - 100%
5	Light	Light	Walking	Easy	101% - 105%
6	Light	Light	Walking	Easy	106% - 110%
7	Light	Light	Walking	Easy	111% - 115%
8	Light	Light	Walking	Easy	116% - 120%
9	Light	Light	Walking	Easy	121% - 125%
10	Light	Light	Walking	Easy	126% - 130%





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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)





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- 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)





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- How do we utilize and harness the science of power and watts for indoor cycling?
FTP Test
- Define FTP Test: (Functional Threshold Power Test in a nutshell and how to make it attainable to general population): An FTP 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.





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- 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





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- 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 Training) option vs. Heart Rate Training option





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3. ACCOUNTABILITY USING CUSTOMIZED RESISTANCE

BeatBoss™ Utilizes Personal Resistance Scale Correlating with Color Mapping

- Resistance is customized unique to BeatBoss™ Methodology
- It correlates with today's class on the Life Fitness® bikes using Coach by Color System
 - a. White/Blue is Light (Low Watts or 25-75% of FTP)
 - b. Green/Yellow is Medium (Medium Watts or 75-90% of FTP)
 - c. Yellow/Red is Heavy (High Watts or 90-150% of FTP)





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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 body 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





BeatBossPOWER™ CYCLING LECTURE/MASTER CLASS

BeatBoss™ Branded Methodology Marries Music and Technology For The Ultimate Power Party On The Bike With Purpose

- Two worlds collide creating a unique environment of fun and performance; music (rpm) coupled with technology (watts)
- Making technology attainable for general population group cycle classes is KEY! When we learn while having fun there is sticking power (we will keep up our workouts longer over longer periods of time)
- Repeated and measured BeatBoss™ Branded Classes mean more seen and felt progress in mind and body (do not be in a hurry to change ride profiles and music)
 - a. One can gather the data on each ride and repeat to watch growth happen
 - b. Using the same BeatBoss™ Branded Class Layouts for a set period of time creates a measurement tool of for all levels (changing music and class layouts too often can work against instructors/riders if trying to measure progress)





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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





BeatBossPOWER™ CYCLING LECTURE/MASTER CLASS

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!





BeatBossPOWER™ CYCLING LECTURE/MASTER CLASS

Now let's apply all that we have learned during this lecture to an introductory (Level 1) BeatBossPOWER™ 45 minute Master Class and see it all come to life!





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!





Proper bike setup for a BeatBossPOWER™ Class

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

Water and Towel...Let's GO!





Post BeatBossPOWER™ 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 of music and be super fun (people LOVE music driven workouts)
2. It can utilize no technology, some technology, or high levels of technology and have true science-based purpose (not just fun)
3. It can have fresh science-based content that will keep your instruction on the cutting edge
4. It can appeal and adapt to all ages and all fitness levels/abilities making a technology-driven class accessible to all
5. It can be an excellent tool that can unify teams of indoor cycling instructors: greater member enjoyment and retention
6. 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.





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: www.beatboss.rockz
- Message us **ANYTIME** with questions! We are here to help guide you!





BeatBossPOWER™ 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!



BeatBossPOWER™ CYCLING LECTURE/MASTER CLASS

REFERENCES FOR MORE CONSIDERATION

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