

SESSION # 623

THE RIDE BY KEISER RIDE RHYTHM

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Overview Ride Rhythm by Keiser is a signature ride format that is perfect for the rider who loves to connect with the beat of the music and the energy generated from a great workout. In this session, learn how motivation can take the lead to help riders pedal to the beat of the drum and the pace of the ride. Simplicity is the true form of sophistication. Get lost in this rhythm-ride and be inspired to keep each rhythm class simple, yet effective.

Why Rhythm is Important?

- Rhythm is innate
- The first beat we hear is our mother's heart beat
- Language has a rhythm
- Darwin related rhythm to 'finding a mate'
- Rhythm helps us connect to each other
- It's the assistant teacher in your class and helps add to the energy in the workout

Ride Profile



Building the Ride

- Purpose
- Intensity (Zones 1-4)
- Time
- % of FTP
- Accumulated % of FTP

Syllabus

- BPM – beats per minute
- RPM – revolutions per minute
- Rhythm – the regular pattern of beats in music
- Musical Phrase – the grouping of consecutive melodic notes
- Verse – a group of lines that form a unit in a song
- Chorus – a part of the song that is repeated after each verse
- Verse-Chorus Model – the repetition of verses and chorus
- Bridge – a bridge is used to break up a pattern of the verse or chorus



RPM Cycling Cadence Guidelines

- Slow: 60-80 RPM
- Moderate: 80-100 RPM
- Fast: 100-110 RPM

Riding with RPM's

- Basic: 60-110 RPM
- Seated Climb: 60-90 RPM
- Standing Climb: 60-90 RPM
- Heavy Climb: 60-75 RPM
- Faster Climbs: 75-90 RPM
- Lifts: 70-90 RPM
- Time Trialing: 90-100 RPM

Music

BPM

- What bpm's are you choosing?
- Which one do you hear; the down-beat or double-time?

Music

- Genre Choice
- Lyrics vs No Lyrics.
- Mix it up! Studies have shown people can focus better with no lyrics
- Royalty-free considerations

Energy

- What do you want to convey? Strong, fun, chill or party?
- Tell a story with your choices
- Riders will pick up on the song's energy and will adjust their own energy to match
- Use the chorus to your advantage

Questionable

- Oops, I might need to rethink that one...
- Stay away from anything that might be offensive
- Focusing only on resistance or the console
- Standing the whole time

Thank you!

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