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LIMITLESS

BeatBossACTIVEAGING™ CYCLING LECTURE/MASTER CLASS

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




BeatBossACTIVEAGING™ CYCLING LECTURE/MASTER CLASS

IDEA® World 2022, Session 653
 Saturday, July 22, 9:45 am - 11:35 am
BeatBossACTIVEAGING™ 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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BeatBossACTIVEAGING™ CYCLING LECTURE/MASTER CLASS

"I'VE FALLEN AND I CAN GET UP"

JOIN TEAM BEATBOSS™ TO LEARN HOW THREE BIKING STYLES: ROAD, MOUNTAIN AND BMX INSPIRE ONE ALL-ENCOMPASSING BEAT AND DATA DRIVEN RIDE SPECIFICALLY GEARED TOWARD THE ACTIVE AGING POPULATION! 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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BeatBossACTIVEAGING™ 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



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The following BeatBoss™ Lecture/Master Class Is a "Say Hello" introductory time together emphasizing riding to the beat of music coupled with data (RPM and watts) using active aging BeatBoss™ branded methodologies.



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BeatBossACTIVEAGING™ 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



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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





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)





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 Seniors? Two key words:
INSPIRED by and then actively MODIFIED for**



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

- Cross training 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 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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Now taking that inspiration and marrying indoor cycling sport specific (ROAD) with indoor cycling cross training (OFF ROAD) benefits and **modifying them to become applicable for the active ager:**

- Builds greater legs and lungs endurance and powering ability (watts) to offset the aging process in these two areas of the body
- In addition...total body engagement vs. mostly lower body engagement to enhance proprioception (spacial awareness and the ability to adapt to unexpected changes the body may have to make in space)
- Improved posture vs. one-dimensional rounded posture to negate age related posture issues
- Stronger 3D core vs. mostly anterior chain core to help open up the aging body
- Improved reaction time for daily life to help prevent falling incidents that can occur in active agers
- Emphasis on fascial (connective tissue) health by opening up the body in optional three-plane movement patterns
- Higher injury prevention focus to help negate risk of injury if faced with balance or falling incidents





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Risk Assessment For Active Agers: 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 proprioception focus and improved wellness for active agers utilizing a group cycle

- Simulating an outdoor road and off road ride takes creating intentional angle changes that are modified for active agers on an indoor fixed-based group cycle
- Every movement has intention (BeatBoss™ BWD% Changes) and evidence-based purpose that is modified from an original BeatBoss™ class to create an active ager focused BeatBoss™ formatted class vs. haphazard movements often seen in the unregulated "Rhythm Cycle" arena
- 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 active aging riders alike! Riding to the beat (utilizing attainable RPM's) and choosing music that appeals to the active aging generation creates an overall greater sense of well being and sense of community that is very important to seniors.





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 up-to-date professional indoor cycling certification and continuing education process that supports lower and upper body movement on an indoor group cycle that is geared toward active agers specifically 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!





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





Proper bike setup for a BeatBossACTIVEAGING™ Class

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

Water and Towel...Let's GO!





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Post BeatBossACTIVEAGING™ Master Class (10 Minutes)

Take-Aways From Lecture and Master Class

- Indoor Cycling can be all encompassing vs. segmented specifically and uniquely geared toward the senior population
1. It can be driven by the beat of music that can appeal to the active aging population (seniors LOVE AND BENEFIT FROM music driven workouts)
 2. It can utilize no data and some data and can have true science-based purpose along with high amounts of fun
 3. It can include a variety of biking inspirations cracking open what was once only one-dimensional indoor cycling
 4. It can include modified upper body movement that is safe and science-based with the activeager in mind
 5. It can appeal and adapt to all ages including seniors 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 an indoor cycling certification with continuing education that has an active aging scope of safe, science-based lower and upper body components pedaling the beat of music if this is the style of instruction you would like to offer



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LEARN MORE!

- GO TO OUR WEBSITE FOR IDEA® WORLD 2022 SESSIONS PLAYLISTS: www.beatboss.rocks
- CONTACT US to learn more about BeatBossRHYTHM™ and BeatBossPOWER™ along with BeatBossACTIVEAGING™ formats
- 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.rocks
- Message us ANYTIME with questions! We are here to help guide you!



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BeatBoss™ BeatBossACTIVEAGING™ 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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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/>