

# GETTING STARTED

## WHAT IS IT?

CYCLE 30 TOGETHER will get you fitter and feeling better in only 30 minutes. It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance and build cardio fitness as you ride with surges, short intervals, power and end with a rush.

## WHAT WILL I DO?

Cycle 30 Together is your 30-minute cardio workout. Music will make the time fly by, and you will feel great working up a sweat! Ride at three main levels of speed with the ability to increase or decrease the intensity of your own workout. Everything about the bike is adjustable, so Cycle 30 Together can be geared toward your personal level of fitness. The workout consists of seven different tracks that each has its own energetic song and specific objective:

1. Warm-up – Your workout on the bike begins with the start of fun and familiar music. The comfortable pace of the track gets the legs moving and warms the body. Prepare yourself for 30 minutes of fitness!
2. Surge – Sweat starts here! Rise to the challenge with this high-energy song. The resistance starts to increase, the legs begin to move faster and the heart rate surges higher. Feel the intensity!
3. Endurance – Shift into a harder gear. The pace comes down as the workout focuses on building strength and burning calories. The high resistance guarantees results for your legs. Feel the heat!
4. Short Intervals – Work hard and then pull back. Quick bursts of intensity are each followed by a period of active recovery. These intervals will drastically improve your cardio fitness. Each short challenge is a chance to go for it!
5. Power – Push harder at your highest resistance of the day. A strong climb will build stronger legs. Rock out and pedal hard as you feel the power!
6. Rush – Chase down an energy rush as you reach the peak of this cardio workout. This is the time to give it all the speed you've got! When you make the final sprint in Cycle 30 Together, everyone finishes first!
7. Recover – Reward your body with the recovery it needs. Steady the heart rate and stretch. Your 30 minutes of fitness are done!

## IS IT FOR ME?

Cycle 30 Together is perfect for:

- Those short on time who need to complete a cardio workout in 30 minutes.
- Men and women of any age who are new to exercise or have not exercised in a long time.
- Anyone who wants to burn calories, lose weight or be fitter.
- Everyone who can ride a stationary bike.
- Strength-training junkies who need to add cardio to their routine.
- Athletes looking to cross-train.
- Cyclists.

- Cycle 30 Together is for everyone! You can make the most out of Cycle 30 Together, no matter whether you are just starting an exercise program or have been racing bikes for years. Cycle 30 Together is only 30 minutes, and the format is easy to follow. Since the bike is completely adjustable, you are in control.

## HOW OFTEN SHOULD I DO IT?

Cycle 30 Together is a cardiovascular workout. This means that it can be done once or twice a week as one part of your workout routine, or most everyday as your primary form of exercise. If you are just starting out or have not exercised in a long time, you probably should not do too much too soon. As your fitness improves with Cycle 30 Together, you will be able to increase the fitness and intensity of your workouts. The best gauge of your ability to recover is how you feel between workouts, so listen to your body.

## HELPFUL HINTS

- In Cycle 30 Together, it only feels like your first time riding the bike during that very first workout. Your strength and endurance will improve with each and every workout. After just three times in Cycle 30 Together, the workout will seem as easy as riding a bike!
- Wear comfortable workout clothes that are loose and flexible in the legs. You will build up a sweat in Cycle 30 Together!
- Bring a small towel and a bottle of water.
- Cycling shorts are not necessary, but they are padded to give you a bit of extra comfort where needed.
- Athletic shoes will work with the peddles in Cycle 30 Together. Some people choose to invest in cycling shoes once they are hooked on the workout.
- Arrive 10-15 minutes before the workout and introduce yourself. The instructor will take this time to help you set up your bike and answer any questions you may have.
- Choose a bike with a clear view of the instructor. Your bike does not have to be in the front row, but it will help if you can see the instructor.
- At the end of the workout, talk to the instructor about your Cycle 30 Together experience and ask any questions you may have.

## HOW WILL I FEEL?

You may feel nervous about your first Cycle 30 Together workout, or anxious to get your workout started. Those feelings are perfectly normal. Keep in mind that the objective of your first workout is simply to learn what it feels like to ride the bike for 30 minutes. You will pedal at faster speeds and slower speeds, and you will always have control over the intensity of your own bike ride.

The first few workouts will probably "fly by" as you ride to the beat of the music. When your heart rate rises, you will start to breathe heavier. Your leg muscles will heat up as you pedal harder. The instructor will coach you along the way, and you always have the option to ride at a slower speed or lower resistance. In Cycle 30 Together, the primary goal is simply to get your heart rate up, and you can do that at almost any speed. Cycle 30 Together is your fitness journey.

Some first-time participants feel uncomfortable on the bike seat. Don't worry – it gets better. You will become more accustomed to the feel of the seat. You should feel a sense of success after the very first workout. Cycle 30 Together provides a very effective workout in only half an hour. If you experience soreness, it means your body is adapting to the new workout. Your fitness will improve every time you get back on the bike in Cycle 30 Together!



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# STRENGTH IN NUMBERS

## Cycle 30 Together

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