

What is X-Biking?

X-Biking programs are designed to totally immerse you in a fun and exciting workout.

With the variety of movements that simulate real outdoor cycling, time roars by and before you know it 30 minutes feel like 20.

When you anticipate the changes in terrain and tempo, the program sucks you in with the emotive music as you pedaling in sync with the beat.

The workouts are comprehensively designed to deliver high-quality cardiovascular and full-body muscle conditioning.

When hard efforts are more interesting, a rider will be able to mentally sustain higher intensities because they are less focused on the effort and more involved in the rhythm and location of the ride.

The participants will reach new heights in fitness, as they will be able to consistently push their limits physically because the program will not mentally fatigue them.

- **What makes X-Biking different from traditional indoor cycling (Spinning®)?**
- The patented X-Bars are designed to move from side to side, mimicking the real motion created when riding a real mountain or road bike out of the saddle while climbing or sprinting.
- The X-Bars incorporate a resistance mechanism to provide an upper body and core workout not possible with traditional indoor cycling (Spinning®).
- The X-Bike uses a standard 'freewheel' gear mechanism unlike the 'fixed gear' mechanism found on the traditional Spinning® bike.
- The X-Bike's freewheel gear makes it the safest indoor bike to ride and further enhances X-Biking workouts because the rider is forced to maintain correct form and utilize their entire pedal stroke, thereby increasing the overall metabolic cost of the effort.
- Third, the X-Bike features an on-the-fly shifting mechanism that permits the rider to control the resistance at the pedals without moving their hand from the handlebars and with a very high degree of accuracy.

X Bike Classes

Glenwood YMCA

Winter 2012



www.ymcaerie.org

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