

Why Cycle?

Cycling programs are designed to give you a full body workout that is fast, efficient, and fun at the same time.

The Keiser Indoor Cycling bicycles are designed to deliver a full-body muscle conditioning workout while also providing high-quality cardiovascular exercise that can allow you to burn up to 1000 calories in just one hour.

What makes Keiser Cycling special?

Newly innovated Keiser m₃ cycling bicycles are designed to mimic the natural movement patterns of outdoor biking while focusing on the right amount of resistance and speed your body needs to receive the maximum benefits of a cycling workout.

If you are a first time rider, we kindly ask that you arrive 15 minutes BEFORE the scheduled start time. This provides the instructor the opportunity to get you fitted and accustomed to the Bike prior to class time.



Functional Threshold Power Training (FTP) – Functional Threshold Power is the bridge between aerobic and anaerobic exercise. It represents the maximum effort an individual should be able to maintain continuously for 45 to 60 minutes.

CYCLING STUDIO

**Glenwood Park Y
Keiser Indoor Cycling
Youth – Older Adult**

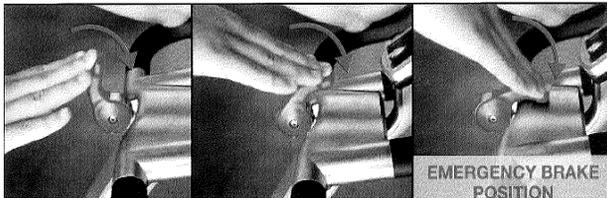
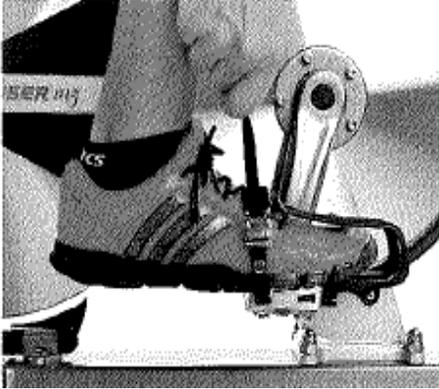


**Schedule subject to change.
Check out www.ymcaerie.org for most
current schedule update**

Cycling Tips and Tricks

The Keiser m3 is designed with a fixed-gear system which means that the pedals are constant motion with the movement of the fly-wheel. To decrease risk of injury and ensure a safe workout, always secure the pedal clip strap by

placing your foot on the pedal and in the toe cage, then pulling on the pedal strap so your foot is tightly but also comfortably secured.



EMERGENCY BRAKE POSITION

Posture and Body Position

To decrease risk of injury and get the most benefits possible out of your cycling session, always practice proper posture by keeping your back in a neutral position.

Basic Posture



Figure A represents a neutral spine keeping a slight arch in the lower back

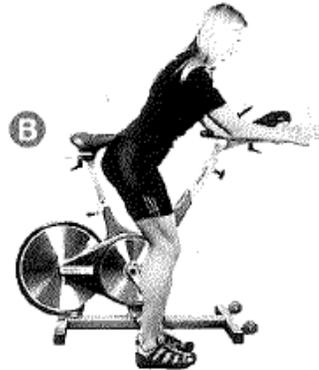


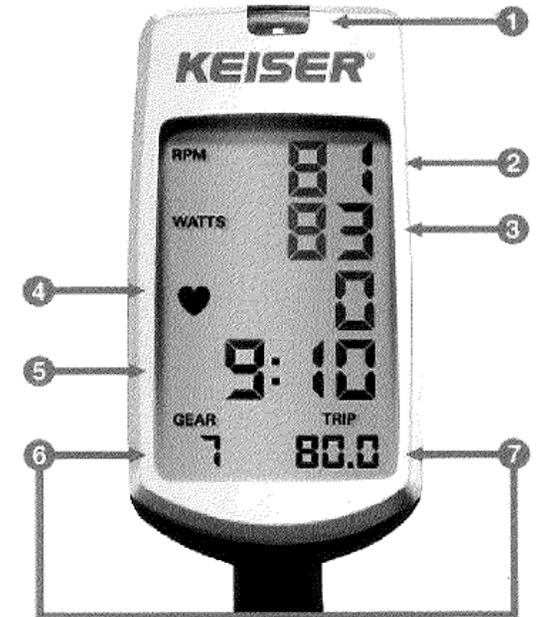
Figure B represents what a neutral spine should look like in the seated position



Figure C represents maintaining a neutral spine with a hinge at the hips

What's on the Screen?

Each Keiser M3 bike comes with an attached computer overview screen that provides you with immediate feedback as well as track your on-going progress throughout your cycling session. By understanding the objectives listed on the screen such as Cadence, Power Output, Gears, and Heart Rate, you will be able to alter



your performance to receive the most benefits of your workout and achieve better results.

Keiser Screen Key

1. Backlight Display Sensor: easy visibility
2. Cadence or RPM (revolutions per minute): the speed you are cycling at.
3. Power Output: the amount of work put in & also number of calories burned.
4. Heart Rate: # of beats per minute