

Indoor cycling choreography:

Movement over music

INDOOR CYCLING HAS GROWN IN POPULARITY in recent years and is now regarded as one of the most effective methods of increasing cardiovascular fitness, decreasing fat mass and increasing overall wellbeing – and in addition to this it gives participants a real buzz! Consequently, an amazing culture has developed among riders. In contrast to the excitement that it generates, however, the basis of an indoor cycling is really quite simple; we sit on a stationary bike make lots of small circles with our legs, stand, sit, go fast and go slow. So, how does such a basic form of exercise generate such amazing group energy? The answer is simple – movement over music (which you might know better as choreography). By layering movement patterns over music that motivates, excites and entices the riders to push themselves that bit harder, you create an amazing group fitness experience that will have people lining up to participate in your class.

To achieve this instructors should;

1. Design and deliver classes to suit all participants levels
2. Develop teaching skills to deliver effective and safe classes
3. Encourage participants to develop group spirit
4. Use music as a powerful teaching tool.

A good indoor cycle class must comprise variations of body position, leg speed and resistance. Too often indoor cycle instructors overlook the planning side of things, enter a room, press play and just ride without putting any forethought into their class. Most participants will want to be drawn into the ride, letting it become much more than simply making circles with their legs.

Effective indoor cycle choreography need not be difficult or complex, but it does need to be deliberate and planned.

Firstly, decide on your riding profile. What is it you want to do?

1. Flat road
2. Hill climb
3. Jumps/sprints

Secondly, what combination of variables is needed to fit the profile?

1. Body position – seated/standing
2. Leg speed – slow/moderate/fast
3. Resistance – light/moderate/heavy

Thirdly, what piece of music will fit the above combinations?

1. Rock
2. Pop
3. Dance
4. R'n'B
5. Breaks
6. Opera
7. Instrumental

These steps bring us to the point of choreographing music for our ride. The example chart below is invaluable for choreographing classes. The first column is the music map (indicating the section of the song), the second is the lyric map, the third shows the music count, the fourth the riding position, and the last one shows my teaching cues.

EXAMPLE

Track 1: Warm up – Seated flat – 96 RPM

Track name: *Indoor Cycling* by The GFI's – 96 BPM

Music map	Lyric map	Music count	Position	Teaching cues
Intro		2 x 8	seated	sit tall, roll shoulders
Beat		4 x 8	seated	relax hands, shoulders into back
Inst	oh yeah...	4 x 8	seated	on beat
Verse 1	Hey, hey, hey	8 x 8	seated	smooth circles
Pre chorus	Every time	4 x 8	seated	add load, build tempo

Once you have established the details of the song, the BPM of the music, the riding profile and a breakdown of the music, you have the plan and tools to deliver great classes that inspire participants to perform to the best of their ability. ■

The following two charts with full music breakdown and instructions are based on the songs are as found on the regular albums. I have added my teaching cues for reference; however, you may find your own cues better suited to your teaching style.



Matty Clarke

Matty is an I.C.E (Indoor Cycling Experience) master trainer, a national presenter and a registered group fitness instructor with an enormous passion for indoor cycling. He takes great pride in educating and inspiring instructors to reach new heights in indoor cycle.



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Track 1	Warm up	Seated road		
Warm up	Freedom 90 (George Michael)	7 min 19 sec	96 BPM = 95 RPM	
Music map	Lyric map	Music count	Position	Teaching cues
Intro		2 x 8	Seated	sit tall, roll shoulders
Piano	I wont let you down	4 x 8	Seated	relax hands, shoulders into back
Inst	oh yeah.....	4 x 8	Seated	on beat
Verse 1	Heaven knows I was just	8 x 8	Seated	add gear, light coating
Pre chorus	I think there's something	4 x 8	Seated	wider hands
Chorus	All we have to do now	4 x 8	Seated	give it a bit more
	Freedom	4 x 8	Seated	hands long
Verse 2	Heaven knows	8 x 8	Seated	bring it back, perfect circles
Pre chorus	I think there's something	4 x 8	Seated	breathing well?
Chorus	All we have to do now	4 x 8	Seated	add a little
	Freedom	4 x 8	Seated	draw in your belly
Funky Break		4 x 8	Seated	slow legs, sit tall
Quiet	Get back on the road to heaven	4 x 8	Seated	roll it back in, add a touch, feel the effort
	That's what you get	8 x 8	Seated	find that pace
Chorus	All we have to do now	4 x 8	Seated	slide hands wide, add load

Track 2	Hill climb (seated and standing)			
Hill climb	S.O.S (Jason Nevins Mix) (Rihanna)	7 min 08 sec	138 BPM = 69 RPM	
Music map	Lyric map	Music count	Position	Teaching cues
Intro		12 x 8	Seated	the beat's yours
Beat		4 x 8	Seated	add gear, climbing up our first hill
Build	Your love is testing me	8 x 8	Stand climb	test the legs, rise up
Verse 1	I'm obsessive	8 x 8	Seated	sit and hold pace
Quiet chorus	S.O.S please	4 x 8	Seated	add gear, we're ready to go, take your time
Chorus	S.O.S please someone help me	4 x 8	Stand climb	stand and GO
Bridge	This time please	4 x 8	Stand/hover	slide over saddle and load bum
Verse 2	Just your presence	8 x 8	Seated	sit, reduce if you need
Chorus	S.O.S	4 x 8	Stand climb	turn on, lift
Bridge	This time please	4 x 8	Stand/hover	load back, burn the butt off
Bridge slow	Boy you know	4 x 8	Stand climb	quick power run
Break	I'm begging	4 x 8	Walk	recover tall
Build beat	(Muffled) Your love is testing	4 x 8	Seated	sit, don't let it go
Chorus	SOS please someone help me	4 x 8	Stand climb	up and push
Bridge	This time please	8 x 8	Stand/hover	load and burn the rear
Quiet	I'm lost	2 x 8	Stand climb	recover slow
	La la la	8 x 8	Seated	back on the pace, strong legs
	Oh Oh	8 x 8	Stand climb	take it to the top
Outro	I'm obsessive	12 x 8	Standing	power through, take 1st position