

SPOTLIGHT: GROUP RIDE

Group Ride® is a 60-minute cycling experience brought indoors that will get you heart, lung, and leg strong. Inspiring music sets the pace and creates the terrain as you roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! *RIDE ON!*

WHAT MAKES GROUP RIDE DIFFERENT THAN OTHER CYCLING PROGRAMS?



OUTDOOR CYCLING BROUGHT INDOORS

Group Ride is an authentic cycling experience that trains cardiovascular fitness and builds leg strength. The workout uses speed, resistance, and body position to make participants feel like they are riding on different outdoor terrains – climbing mountains, rolling down hills, and spinning across flat stretches of land. Even first time riders are able to picture themselves as hard-working cyclists. This unique feature increases motivation and commitment to the program far beyond the average cycling class.



PROGRAMMED FOR ALL FITNESS LEVELS

Group Ride is designed for able-bodied adults of all ages and fitness levels, even if they have never tried cycling. Instructors receive detailed examples of how to coach options for pace and intensity to ensure that all participants can get their own best workout. This results in a greater sense of perceived success, meaning participants are more likely to feel successful and want to keep coming back to keep improving.



RIDING THE RHYTHM

The Group Ride workout is designed for participants to match their pedal speed to the beat of the music. Synchronizing movement with music has been proven to increase participant work output as well as enjoyment. This type of “cadence training” ensures that everyone gets a scientifically effective workout – nobody is going too fast when they are supposed to be training strength through high resistance and low speed, or vice versa. Of course, participants are coached to regulate their own intensity by adjusting the resistance on the bike.



MUSIC WITH BROAD APPEAL

The Group Ride playlist has something for everyone. This means a variety of musical genres and decades. Rather than relying on one type of music, Group Ride caters to a broad range of musical tastes in order to appeal to a wide and diverse audience of participants.



THREE-DIMENSIONAL RECOVERY

While cycling is a highly effective way to exercise, it is also repetitive movement performed in a stationary position, which requires special recovery programming that goes beyond stretching. Group Ride uses three-dimensional recovery that emphasizes dynamic movement sequences, rotation patterns, and hip extension to re-engage the gluteal muscles. These are the recovery strategies used by industry experts to optimize performance in professional cyclists, and they translate to better overall health for indoor cycling participants.



CUSTOM SOUND DESIGN

The entire soundtrack for Group Ride is custom designed to enhance the participant experience. Our team of music producers and audio engineers add *MOSSA Music Magic* to every workout – ramps, whistles, beat drops, etc. – motivating participants to work harder and maximizing the fun factor.