

SPOTLIGHT: R30

R30® is a cycling workout that will improve your cardio fitness and muscular endurance in only 30 minutes. Inspiring music and motivating coaching set the pace for a workout that will leave you feeling sweaty and energized. **EVERYONE FINISHES FIRST!**

WHY CHOOSE R30?



30-MINUTE CARDIO WORKOUT

R30 is a professionally designed and highly effective 30-minute cardio cycling workout. Seven tracks drive the energetic experience which begins with a Warm-Up and then moves into tracks that have a specific training objective with Surge, Endurance, Short Intervals, Power, and Rush. R30 ends with a well-deserved Recovery to ensure all participants, the new rider or the avid cyclist, have a fantastic 30-minute workout.



MUSIC WITH BROAD APPEAL

The R30 playlist has something for everyone. This means a variety of musical genres and decades. Rather than relying on one type of music, R30 caters to a mix of musical tastes in order to appeal to a broad and diverse audience of participants. Every playlist is rigorously market tested in a wide range of facilities to ensure a professional playlist for everyone.



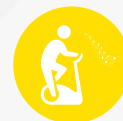
CUSTOM SOUND DESIGN

The professional playlist for R30 is custom designed to enhance the participant experience. Our team of music producers and sound engineers add **MOSSA Music Magic** to every workout – ramps, whistles, sound effects, and beat drops – designed to motivate participants to work harder and to maximize the fun factor.



IDEAL FOR THE NEW EXERCISER

R30 is the ideal workout for the new exerciser as the program design ensures they will enjoy the experience, feel immediately successful, and want to come back for more. It breaks down the barriers to exercise, with a workable class length, achievable pace, appropriate options, and encouraging coaching style. R30 will also become a strong feeder into Group Ride as participants grow fitter and more confident.



RIDING THE RHYTHM

R30 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. Participants are coached to regulate their own intensity by adjusting the resistance on the bike to ensure they can ride the rhythm.



PERFECT FOR THE FITNESS ENTHUSIAST

The experienced exerciser will find R30 to be a highly effective and enjoyable 30-minute cardio workout as they control the resistance to increase intensity as they desire. And for the fitness enthusiast, R30 is also an ideal cardio workout to combine with another 30-minute innovative workout that incorporates elements of strength training like Group Core or 3D30.