

## DIY Cycle

This ride is designed to challenge you! Included are different variations of climbs sprints, endurance, and position changes. Of course, modify this choreography as necessary to accommodate your bike and needs. Feel free to increase or decrease intensity as needed, your ride, your rules and don't forget to have fun!

**Form Reminders:** Core tight, shoulders back and down, head and eyes up and forward, pushing down through the quadriceps and pulling up with the hamstrings.

**RPE** = Rate of Perceived Exertion, this is your effort level on a scale of 10, with 10 being breathless and not sustainable for long.

**Position References:** Pictures are hand positions one, two, and three respectively.

- **Seated One:** Hands closest to you with knuckles facing forward, loose grip on handlebars
- **Seated Two:** Hands slide up the handlebars to the middle with knuckles facing outwards. Maintain a loose grip.
- **Seated Three:** Hands slide up to the top, the most extended part of the handlebars. Hips are pushed to the back of the saddle and hips are hinged forward, but maintaining a straight back.
- **Standing One:** Hands are positioned the same on the handlebars as seated one but lift out of the saddle to a standing pedal, maintaining minimal swaying and a straight back.
- **Standing Two:** Hands are positioned the same on the handlebars as seated two but lift out of the saddle, body will come forward slightly.
- **Standing Three:** Hands are positioned the same on the handlebars as seated three but lift out of the saddle, hips are pushed back and you may feel the inner thigh graze the saddle.



### Good Feeling by Flo Rida: Warm Up

Take the next 4 minutes to get the blood flowing throughout your body. Put some resistance on the bike just so you're pedaling against something.

After about a minute, if your bike allows different positions, switch between the different positions: seated one, seated two, seated three, then to standing one, standing two, and standing three. Practice good form by keeping the core tight, shoulder back and down, head and eyes up and forward, and pushing with the quads and pulling with the hamstrings.

Throughout the song, varying speeds and resistance to fully warm up. Finish in seated one.

### Savage by Wethan

- 0- :53** Add some resistance, a little more from the warm-up. Seated one, 75-85 RPM, RPE 5/10.
- :53- 1:15** Bump up the resistance some more and move to standing one! Stay consistent with RPMs, keep 75-85.
- 1:15- 1:38** Leave the resistance on and move back to seated one, same RPMs, should be getting slightly harder! 6/10 RPE.
- 1:38- 1:58** Stay seated and slide hands up to position three. Pick up pace a little faster, similar to a jog. RPMs in the 80s.
- 1:58- 2:40** Stay at seated three, add more resistance! RPMs can slow slightly, 70s-80s. 7/10 RPE.
- 2:40- 3:02** Stand it up to standing three and add some more resistance! Push to get the RPMs a little higher than seated three, 80-90 RPM. RPE 8/10
- 3:02- End** Leave the resistance on, take it down to seated one, and push to the finish. Okay if RPMs drop, 70-90 RPM! After the song ends, take some resistance off but not all.

### Maps by Maroon 5

- 0- :40** Moderate Resistance, moderate pace, 75-85 RPM (if available) at seated one. RPE 5/10, get ready to sprint soon!
- :40- 1:12** Decrease resistance if need to for sprinting speed. Full sprint, 100-110 RPM.
- 1:13- 1:40** Right back to moderate pace, 75-85 RPM. Not a full recovery, keep the heart rate up.
- 1:40- 2:11** Let's hit that sprint again! Speed up to all out 100-110 RPM. Push for the whole segment.
- 2:11- 2:36** Head right to standing one, RPMs in the 80s. Add a little bit more resistance to prepare for one last hard sprint, increase the intensity!
- 2:36-** End Back to seated one, this is our last sprint ! 100-110 RPMs, 9/10 RPE.

### Crank it up by David Banner

- 0-:21** Start with resistance moderate, about 5-6/10 RPE. Will stay seated and gradually adding resistance the first half, stand the second half when resistance is high.
- :21- :59** Add more resistance! Stay in the seated one position.
- :59- 1:12** Time to add some more! RPE 8/10, stay seated one.
- 1:12- 1:30** Last part seated, get ready to stand up to one and add one last bit of Resistance!
- 1:30- End** Stand up to standing one and add resistance for the last time! Climb to the top for the next 1:30! RPE 9+/10, should be difficult.

## Stronger by Kanye West

- 0- 5:12** This whole song is focused on endurance, take it at your own pace anywhere between 75 and 90 RPM, average to slightly fast pace.  
You decide your own rules for this song, when to change positions, and when to add resistance or speed.  
I recommend switching positions a few times throughout the song so there is variation within the 5 minutes.  
RPE should start around 5/10 and increase gradually throughout the song. Ideally ending with 8-9/10 RPE  
Try to maintain the same speed, resistance, or both throughout the entirety of the song, no matter how tired or what position. Focus on endurance and staying consistent.

## Take What You Want by Post Malone

- 0- :40** Begin at seated one and low resistance, around 80 RPMs, similar to a light jog.  
**:40-1:22** Add some resistance! Stay seated one, try to keep RPMs similar, 75-80.  
**1:22-1:48** Add more resistance, still at seated one, should begin to be a heavy seated climb. RPMs drop slightly lower due to resistance increase.  
**1:48- 2:03** Add even more! Should be a heavy seated climb, RPMs 65-70  
**2:03- 2:31** Time to add even more resistance and stand to standing one! 65-75 RPMs.  
7-8/10 RPE  
**2:31- 2:58** Last increase resistance, it should be very heavy! RPE 9-10/10. Fight for 60-65 RPM.  
**2:58- End** Keep resistance on, no more adding and keep climbing til the end.

## Good Nights by Wethan

- 0- 2:46** Use this whole song to do whatever is necessary to recover. This is halfway through. Feel free to change positions whenever and be at any speed to recover.

## Intoxicated by Martin Solveig

- 0- :23** Seated one, jogging speed, 80-90 RPM, add moderate-heavy resistance to RPE 7/10  
**:23- :39** Stand up to standing one, keep pace and catch the beat  
**:39- 1:02** Drop to standing three! Add slight resistance and keep pace of 80-90 RPM  
**1:02- 1:32** Back to seated one, increase pace into the 90s!  
**1:32- 1:59** Standing one! Keep pace!  
**1:59- 2:34** Drop to standing three. Keep the pace, add slight resistance. 8/10 RPE  
**2:34- End** Recover

## Stupid Love by Lady Gaga

- 0- :56** Begin at seated one. This song focuses on watts, or total power output from RPM and resistance combined.  
Resistance higher than moderate, but not super heavy.  
7/10 RPE. Pace RPMs 75-90, not too fast or too slow.  
**:56- 1:13** Stand to one, increase BOTH resistance and speed until 9-10/10 RPE is reached. This should be difficult and raise watts, or total power output. Push for this short interval  
**1:13- 2:01** Return to seated one, your choice to leave resistance on or take it off.  
RPMs drop to same as before in seated one.

- 2:01- 2:19** Stand to one, increase BOTH resistance and speed until 9-10/10 RPE is reached. This should be difficult and raise watts, or total power output. Push for this short interval  
**2:19- 2:38** Stay at standing one, slight recovery, get ready for one more push for watts.  
**2:38- 3:11** Increase BOTH resistance and speed until 9-10/10 RPE is reached. This should be difficult and raise watts, or total power output. Push for this short interval

## Paralyzer by Finger Eleven

- 0- :24** Recovery, this song will be all between seated and standing one. Seated to standing climbs. Increase resistance each time at standing one. Begin at seated one  
**:24- :59** Recovery over. 70-80 RPM with moderate resistance, 5/10 RPE  
**:59- 1:18** Stand to one and increase resistance generously until RPMs are 60-70 .  
**1:18- 1:54** Return to seated one, leave resistance on, 70-80 RPM 6-7/10 RPE  
**1:54- 2:12** Stand to one and increase resistance more until RPMs are back to 60-70.  
**2:12- 2:30** Stay standing, slow speed, slight recovery  
**2:48- 3:24** Last increase, add lots of resistance and keep climbing to the end, push for 60-70 RPM. RPE 9-10/10.

## More Than You Know by Axwell Ingrosso

- 0- :24** Recover  
**:24- :54** Moderate resistance, moderate pace around 75-85 RPM.  
RPE 5/10  
Seated position one  
**:54- 1:10** Same resistance and same speed, slide hands up to seated three.  
**1:10- 1:26** Stand up to standing three! Add some resistance and pick up the pace  
Slightly to running speed. 80-90 RPM  
**1:26- 1:57** Drop back to seated three, moderate pace and leave resistance on. 75-85 RPM  
**1:57- 2:44** Same moderate pace, 75-85 RPM return to seated one.  
**2:44- 3:15** Stand up to standing one and increase resistance slightly and increase speed to a running pace. 80-90 RPM. 7-8/10 RPE  
**3:15- End** Recover

## Thks fr th Mmrs by Fall Out Boy

- 0- :31** Return to seated one and adjust resistance as needed for sprinting speed.  
**:31- :43** Seated one, increase speed to a light sprint, 100 RPM  
**:43- :56** Seated one, second push of the sprint, increase up to 110 RPM  
**:56- 1:27** Drop speed to moderate pace, but not recovery. 70-80 RPM  
**1:27- 1:39** First push of the sprint, same as before. Light sprint 100 RPM  
**1:39- 1:52** Second push of the sprint, increase speed up to 110 RPM  
**1:52- 2:43** Drop speed to moderate pace, but not recovery. 70-80 RPM. Still at seated one  
**2:43- 2:55** Last sprint! 100 RPM  
**2:55- 3:08** Second push of sprint, 110 RPM!  
**3:08- End** Recover

## Kings of Summer by ayokay

- 0- :30** Start the cool down by slowing lowering the pedal speed to a slow pace to bring the heart rate down gradually.  
**:30- End** Take all resistance off the bike gradually, still pedaling slowly to not stop all at once. Take this time to stretch as needed, possibly hamstrings, quadriceps, calves, chest, etc.