

AM/PM RIDE!!!!

Presented by Cycle Master Trainer Farhan Dhalla

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Join International Cycle Master Trainer Farhan Dhalla as he brings the sounds of the night into the day time with this urban style group cycling class. This unique ride will be sure to move you to the latest beats that make dance lovers night crawlers. Participants will learn how to use music to set the tone and mood of the class and with just a bit of creativity can take their class to an extraordinary level. The sounds of this class will be featured live by DJ Chris INK who's been caught spinning at some of Toronto's most popular night clubs. Warning! Bring your dancing shoes along with your cycling shoes!

Workshop Objectives

1. Create an atmosphere of an energetic class environment utilizing the latest club tracks
2. Learn new combinations of drills that are safe and effective
3. Review of proper bike set up
4. Review of safe riding techniques

Guidelines for Bike Setup and Fitting

Prior to using the bike, participants must properly position themselves in a comfortable alignment to minimize stress on the musculoskeletal system, and maximize the effectiveness of the exercise.

• Saddle Height

1. Hip level when standing next to the bike
2. Knee angle 10-30 degrees with pedal at 6 o'clock position

• Forward or Backward Position of Saddle

1. With the feet parallel to the floor in the 3 and 9 o'clock position, you should be able to see your shoe laces

• Handlebar Height

1. Highest position for new riders

• Pedals

1. Ball of foot in center of pedal
2. Toe clip and strap snug but not tight

Tips for a Safe and Effective Ride

- Sit with a long spine and in a neutral position. Never slouch forward resting on to handlebars with elbows.
- Shoulders should be back and square
- Keep your eye gaze forward lifting the crown of the head upwards
- Wrists should be straight
- Slight bend in the elbows
- Keep feet parallel to the floor
- Pelvis should stay strong and active in the neutral position. Never bounce on the seat while pedaling.
- Knees should have a slight bend and never locked
- Weight should be kept over the saddle in the lift position. Avoid weight bearing with hands and wrists.
- Keep upper body relaxed

Music Selection

Music selection is always a personal choice. Not every participant may be motivated to ride to the latest dance tracks. Creating different themes each week can offer change and variety into any class. Don't be afraid to step out of your box and try something different. If you're in a rut be courageous and try and shake it up!