



## Schwinn® Cycling: Girl Power!

Who runs the world? For many instructors the majority, if not all, of the riders in the room are women. In this workshop, a team of Schwinn's top female trainers will give you 5 ways to win with the women in your rides and keep them coming back for more. Experience a sample workout filled with power (and empowerment!), measurement and motivation that's fabulous, fierce, and the perfect fit for this audience.

### What a Girl Wants

Her goals are:

- Lose Weight?
- Get Fit?
- Stay Healthy?

### What a Girl Needs

An instructor who is:

- An expert in her field; credible
- Non-intimidating
- Trustworthy

**Competence + Relationship ÷ Self Interest = Trust**

### Physical

- Frequency, Intensity, Duration and Type
- Stages of Life
- An Understanding of Her Hormonal Cycle

### Emotional

- Both Group and Self-Acceptance

### 5 Ways to Win with Girl Power!

1. Listen to their goals and offer perspective and encouragement.
2. Live the TRUST equation.
3. Be empathetic to the Stages of Life.
4. Understand the science and stay up to date.
5. Lean into the sisterhood!

## **References:**

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www.julzarney.com

www.rachelvfitness.com

www.shannonfable.com

www.teamthews.com

Stage	Music	RPM/ Terrain/Technique		Intensity / Elapsed Time			M-Power™	Mind/ Body
W/U 5:00	<b>Wonder Woman Theme Song</b> (1:36) <b>Man! I Feel Like A Woman!</b> Shania Twain (3:54)	75 - 95 65	Seated Flat Combo Hill	Easy Moderate	0:00 0:00	3:55 3:54	<b>Observation:</b> Console Overview	This ride is not about anyone else's goals or abilities. It is all about YOU. Don't be modest; take time for yourself, embrace being a strong woman, show off!
1 3:14	<b>Problem</b> Ariana Grande (3:14)	70 - 90	Seated Flat	Easy Hard Hard Hard	0:00 0:40 1:30 2:40	0:40 1:00 1:50 3:00	<b>Goal:</b> Find your hard wattage for today.	Claim your power inside; prove it to me outside! By the time you reach the top of this hill, you'll have one less problem.
2 8:00	<b>Independent Woman</b> Destiny's Child (3:45) <b>Fighter</b> Christina Aguilera (4:06)	90 - 100	Seated Flat	Hard/Hard+ Anaerobic Anaerobic Anaerobic	0:30/0:30 1:00 2:12 3:12	3:45 1:30 2:42 4:03	Intervals: 3, :30 Hard/:30 Hard + <b>Observation:</b> Wattage 3, "all out" :30 anaerobic pushes <b>Goal:</b> Best wattage so far	Can you recover in your big chain ring? If you compete with others you get bitter. If you compete with yourself you get better. This is you versus you. What are you fighting for?
3 6:15	<b>Firework (Instrumental Version)</b> Pure Pop Idols (3:49) <b>9 to 5</b> Dolly Parton (2:46)	65 - 85 60-70	Combo Hill Combo Hill	Moderate > Hard Easy Hard+ Easy Hard+	0:00 0:00 0:30 1:05 1:30	3:49 0:30 1:05 1:30 2:30	<b>Observation:</b> Wattage <b>Challenge:</b> Beat the hard wattage from the last song on the first push and then CRUSH it for the last minute!	Who are the women in your life? 1) Relative 2) Long Term 3) Current BFF Show your fellow riders how hard you can work!
4 8:30	<b>Catch My Breath – Dean Cohen Remix</b> Kelly Clarkson (5:07) <b>Wings</b> Little Mix (3:40)	90 60 - 80	Seated Flat Seated Hill	Easy Hard/Hard + Hard/Hard + Hard/Hard + Easy Hard/Anaerobic Hard/Anaerobic Hard/Anaerobic	0:00 :30/:30 :30/:30 :45/:30 0:00 :30/:30 :30/:30 :45/:30	1:45 2:45 3:45 5:00 0:45 1:45 2:45 3:40	<b>Observation:</b> Wattage (during 1st 3 intervals) <b>Challenge:</b> Beat your wattage all three times in the 2nd set	Girls compete with each other. 1: trying to prove yourself 2: refusing to fail 3: you against the world Women empower each other. 1: Partner A coaches B 2: B coaches A 3: together you are better
5 8:00	<b>Edge of Seventeen/ Bootylicious</b> Stevie Nicks vs Destiny Child (8:00)	65 - 85	Combo Hill Rider's Choice	Easy > Moderate Hard Anaerobic Rider's Choice!	0:00 3:00 4:00 5:00	3:00 4:00 5:00 8:00	<b>Goal:</b> Can you hold same RPMs the entire time but raise wattage? <b>Challenge:</b> Build up to one final push with your best wattage yet!	This is your time to build. What do you need to <b>shed</b> in this stage to keep your pace? Prove to yourself you can handle this. Celebrate! Liberate! Unify!
6 3:40	<b>Brave – Live at the Variety Playhouse</b> Sara Bareilles (3:40)	66	Combo Hill	Easy Hard Moderate Hard Moderate	0:00 0:38 1:21 1:51 2:14	0:38 1:21 2:13 2:51	<b>Observation:</b> Wattage	Who do you draw strength from? Who lifts you up? Who makes you feel brave? I'm brave... 3 sprints – 3 big questions to wrap up the ride
C/D 3:51	<b>Beautiful Flower</b> India.Arie (3:51)	N/A	Seated Flat	Easy	0:00	3:51		Congrats, beautiful!

