

KEISER INDOOR GROUP CYCLING EDUCATION

COURSE OPTIONS

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KEISER[®] **POWERED[™]** **TRAINING PROGRAMS**

FOUNDATIONS

Foundations is an on-site, eight-hour course during which a Keiser Master Trainer teaches and applies all of the required information attendees need to become a Keiser indoor group cycling class instructor. The course includes both practical and theoretical training, a detailed training manual, a certificate of completion and links to the Keiser Education community.

\$1,595.00

or \$2,595.00 (travel expenses included)

FOUNDATIONS CORRESPONDENCE

For those unable to attend an on-site Foundations course, we offer the Foundations Correspondence Course, which includes a training DVD, manual, interactive workbook, practice exam and online support. To become a Keiser indoor group cycling class instructor, the user takes our certification exam online at keiser.com. A certificate of completion is provided upon passing the exam.

\$250.00

KEISER[®] **POWERED** **TRAINING WORKSHOPS**

EMPOWERED

\$499.00

Join your Keiser Master Trainer for a workshop that will evolve your instructing style, help you better engage your riders and empower them to develop their skills beyond the basics. Instructors will learn how to effectively use cycling metrics such as power and cadence, plus discover helpful coaching tips, cues and drills. Instructors also will learn how to develop formats and playlists that rock a ride and get the club buzzing. **2 HOURS**

ACCELERATE

\$499.00

There's a difference between smart road-cycling technique and "just pedaling." Learn the important skills and drills that are sometimes overlooked on the road and then apply them to indoor workouts. By understanding these techniques, riders can increase cycling efficiency and power, improve speed and interval skills, and enhance the overall ride experience. **2 HOURS**

TECHNOLOGY

\$499.00

With today's indoor bikes equipped with computers displaying a wide array of metrics, technology is a top trend in the group cycling industry. As an instructor, learn how to take advantage of cycling technology. By maximizing today's technological tools, you'll keep riders engaged and turn good workouts into truly great rides. **2 HOURS**

POWER

\$499.00

Our Power workshop was created to help riders take full advantage of the performance, potential and innovative features of Keiser indoor group cycling bikes. Through drills with our instructors, you'll gain a new appreciation of the benefits of adding power to your teaching and training. Journey through various zones to create an individualized power-based workout within a team environment. **2 HOURS**

CLIMB

\$499.00

Hill climbs are a key component to indoor cycling classes. With this hill-training workshop you'll take your workouts to new heights and challenge your riders on seated and standing climbs. Learn creative and motivational techniques to build power and strength while inspiring riders to climb further and longer than they ever thought they could. **2 HOURS**

CREATE

\$499.00

Stop taking your class on a road to nowhere. This workshop leads participants through a grab bag of rides that have proven successful in an indoor cycling setting. In this session, your instructor will share the tips, tricks and tools needed to pull off each ride. Learn how to create and develop rides that excite and surprise, and leave the rider motivated and inspired to take on their next indoor cycling class. **2 HOURS**

EXTEND

\$499.00

Using yoga-inspired dynamic warm-ups and effective post-workout stretch sequences, this workshop shares innovative ways to enhance the indoor cycling experience. Easy to follow and implement, the routines help riders bike more powerfully and reverse the forward flexion cycling posture of tight anterior lines. Experience multiple effective routines for pre- and post-cycling, along with a dynamic ride for a true yin-yang experience. **2 HOURS**


MASTER CLASS


\$249.00


The Keiser Master Class is geared toward showcasing group cycling workouts that highlight the best in indoor rides. Choose from our many workshop options listed above. From exhilarating flats and motivating climbs, to creative drills, this 60-minute course is both engaging for your studio participants and filled with ideas for your current cycling team. **1 HOUR**


CECs ARE AVAILABLE FOR ALL WORKSHOPS AND COURSES.

KEISER[®] | BECAUSE...
'GOOD ENOUGH' ISN'T.[™]

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