

SCHWINN® CYCLING for YOGIS • 30 Ride/20 Yoga

RIDE								
“LOOPS and LIMITS”								
Triple Link™: 2/15-minute sets. Set one, accept limits. Set two, no limits!								
Set #	Total Time	Song Title/Artist <i>All music available at iTunes</i>	Riding Technique	RPM	Set Description	Timing Ratio	M/B	Notes
1	15:00	1. Mercy/Duffy (3:40)	Combo Flat	90	Steady Zone 1 → Steady Zone 2 →	50/50	A/D	Olympic athletes are able to suspend their disbelief in impossibility. Every time a world record is broken, an athlete has taken the risk to refuse to accept the boundaries of their body. <u>NO LIMITS!</u> But their success requires both a conceptual leap of faith and an extremely practical day-to-day plan for results. (adapted from www.YogaWorks.com)
		2. Such Great Heights/The Postal Service (4:26)	Seated Flat	80	Intervals Zone 2/3	verse/chorus	A/D	
		3. Single Ladies/Beyonce (3:13)	Standing Hill	75	Steady Zone 2	n/a	A/D	
		4. Shake It/ Metro Station (3:00)	Seated Flat	85	Intervals Zone 2/3	verse/chorus	A/D	
2	15:00	1. Viva la Vida Coldplay (4:01)	Seated Flat	80	Intervals Zone 2/3	verse/chorus	A/D	
		2. Rock This Party/ Big Ali, Bob Sinclair & Dollar Man (4:05)	Combo Hill	70	Steady Zone 3	n/a	A/D	
		3. How Far We've Come/ MatchBox Twenty (3:32)	Seated Flat	85	Intervals Zone 2/4	verse/chorus	A/D	
		Music for Yoga Section: Sun Will Set/Zoe Keating (7:56); Origins/Glen Velez (7:33); Indian Nights/Steve Gorn (14:02); Third Eye/Glen Velez (7:33)						

YOGA beside the bike – appreciate limits; explore limits				
1	Bike-side hand on handlebars, outside ankle in hand Lord of the Dance (***) →	Bend bike-side knee, step outside foot back into... Warrior II (**) (reach back for the seat and handle bars to stretch chest) →	Reverse Warrior (***) →	Straighten bike-side knee, shift into... Triangle (***) (wrap top arm behind back, under bottom waist) Pivot to face back of bike, repeat on opposite side. Use saddle...
2	Pivot to front of bike, feet under hips, step outside leg back... Warrior 1 (***) (Reverse Prayer arms) →	Release arms, turn back heel up and lower outside top thigh to mat... Low Lunge with upper body Internal Rotation (***) →	Place outside hand by front foot, tuck back toes under, straighten back knee, raise inside arm... Revolved Lunge (***) →	Frame foot with hands, step feet together at top of mat... Forward Fold (half way up – repeat) Roll up to standing. Repeat on opposite side using inside leg. End by stepping back to...
3	Plank (**) <i>Chaturanga on tops of thighs or on toes... →</i>	Upward Facing Dog (***) →	Downward Facing Dog (***) (variations: pedal heels, lift one leg, open hip) Hinge forward into Plank and repeat 3x...end in Child's Pose.	
4	Cat/Cow (***) →	Camel Pose (***) →	One-Legged King Pigeon Pose (***) (option for Reclined "Figure 4" Stretch) Step back to Plank, Chaturanga, Upward Facing Dog, Downward Facing Dog, lower knees to repeat sequence, change legs for One-Legged King Pigeon Pose...end in Child's Pose.	
5	Garland Pose (***) →	Seated Spinal Twist (***) →	Bridge Pose (***) Savasana or roll to sit tall and close.	

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