

Created by **Jennifer Sage**
Training Type: **Motivational Theme Ride, Climb**
Working HR Zones: **Zone 3 to Zone 5a**
Total Class Length: **60 minutes**

Profile Description

This profile is called *I Dare You to Fly*. It is a motivational ride to help inspire your students to set a big goal for the coming year. While at first it may seem like a New Year's ride (and yes, it is perfect for early in the year), this profile can be used to motivate your riders at any time of the year. Your goal in this ride is inspired action. This is a series of climbs in which you inspire your riders to commit (or recommit) to their fitness and health goals, and let them know you are doing the same along with them. You will help them believe that they can fly; fly above their doubts and disbelief in themselves, fly above the rainbow to their goals. The selected songs are perfectly suited to this objective.



One of the reasons why I am, and have always been, so incredibly passionate about Spinning® and indoor cycling is that more than any other group fitness format, we can use our profile combined with our motivational words and empowering music choices to inspire our participants to achieve incredible success. While this success is targeted at fitness and wellness goals in this ride, it also translates to all areas of life. We use the challenges we encounter in a Spinning class as a metaphor for challenges in other areas of our lives.

This profile can certainly be used for a January New Year's Resolutions ride, but it is not limited to January. You can bring out this powerful motivating ride any time you want you riders to commit to doing more of what they want and need. In fact, this ride is probably most effective as *a post-New Year's reminder*, about 6 weeks after the New Year when most people start falling off their resolution wagon and need a boost to remind them of their goals.

It's also great if you are planning on incorporating some sort of 30-day or 60-day challenge at your studio or club. Use this profile as the launchpad for your challenge, and follow up the class with a handout explaining the program. You will likely get many more people to sign up once you've taught them to fly with this ride!

Use this profile in its entirety, or just pick out a couple of songs and the associated cueing and throw them into other profiles that need a motivational boost.

Warm-up: This is the New Year, A Great Big World, 3:15, 154 bpm

*I'm very honored to present to you today's ride. My hope is to help you learn to fly... This profile is called **I Dare You to Fly**...and you're going to see why as we proceed through our rolling hills.*

I've got plans for my best year ever this year. I want to share with you the excitement that I have, knowing deep in my heart that I can, you can, we can all achieve anything we want in our lives.

*We all have set goals before, and sometimes we've abandoned them along the way. Things get in the way. Life happens. But with a change of attitude, a deep belief in ourselves, and the support of people around us, you and I together can all overcome those obstacles that get in our way. **We can** achieve what we want for ourselves.*

You come here to my class for a reason. I know that most of you have fitness goals or weight loss goals, some have performance goals. Some of you come because you just enjoy the time we spend together and the music, but I bet if we peeled back the layers, you'd find deeper reasons that you are here.

I want to help you reach those fitness goals! Some of you come to class more frequently than others. Some of you have told me you wish you could come more often, but you get too busy or distracted. I want to see you all in my class every week! Not for me (although it IS more fun when you're all here) but for YOU. I will HELP YOU meet your fitness goals!

Can I inspire you to come more often? If you do, I promise you that you'll meet your fitness, weight loss, or performance goals much, much faster.

Let's do it together! I've got a very inspiring ride for you today; each song has a message. My hope is that you'll hear the lyrics that inspire you to commit to the pursuit of your goals; that they will help you stay attached to your dreams, that they will light the fire underneath you.

These songs will help you realize that you can indeed fly...

Warm-up continued: Want to Believe, Rich Aucoin, 2:40, 90 bpm

Increase your leg speed to match the beat of this song. Increase effort to mid-Zone 2.

It doesn't have to be New Year's Eve for you to make a pact with yourself to change a habit or set a goal. Every day can be the beginning of your next year, right?

*This song is to help you realize that **believing in yourself** is half the battle.*

Become a believer. Don't let past failures to reach your goals or stick to your resolutions sour you. What you've accomplished, or not accomplished, in the past has nothing to do with your future from this day forward.

Times like this, you gotta be a believer!

Think about your goal. It can be anything. It can be a cycling goal, for those of you who are cyclists. It can be a fitness goal. Maybe you want to lose 20 pounds. Maybe you want to run a 10K, or a marathon. It may be a bad habit you want to break; a nutritional change you want to make.

Maybe it's not fitness related—that's OK too. But in today's ride, I'll use fitness and health goals as examples, and you can let them be an analogy of your life goal.

Fast leg surges on a climb: You Get What You Give, The New Radicals, 5:01, 113 bpm

Dial in enough resistance to feel like a moderate climb, and pedal at a slow cadence of 55–60 rpm. It will feel too slow at first, but don't let them add too much resistance or they won't be able to do the cadence surges.

*This will start off like a small hill, but you're going to do some short, fast leg surges to get your legs ready for a series of longer climbs in front of you. You'll keep the resistance you have and then speed the legs up to the pace of this song, which is 113 bpm. Yes, that's fast, and it's OK that some of you can't pedal that fast. Just do what you can. We'll use this as a challenge to represent the idea that **you get what you give**, as the lyrics are telling us.*

It will be hard, but we are only going to do two surges. The first one is 20 seconds; the second is 35 seconds. If you can't hold it, you probably have a little too much resistance.

Pay attention here...FORM COMES FIRST! You got me? Sit deep in your saddle, relax the upper body, work your beautiful, round pedal strokes that we practice so often in this class, no bouncing....

You ready? The first one is coming...your resistance will stay the same, but you'll see how fast you can spin your legs, somewhere over 100 rpm if possible.

At 1:24 double-time the legs to 100–113 rpm for 20 seconds until he sings “You only get what you give.” Make sure they don't have a “big hill” before this surge; they will not be able to hold it. On the other hand, make sure they have more than a flat road resistance, otherwise they will be spinning their legs without support and bouncing. This should feel **hard**. When done, slow down the legs without touching the resistance.

A little stinging in the legs reminds us that we are alive, doesn't it?! Ease up here by slowing down the legs, and get control of your breath again.

*Think about those lyrics for a moment. **You only get what you give.** You gotta put in the work to get the results, right? That's true in everything in life! That makes this song so perfect for our objective today...I want you to get more out of your life, and so do you...but that means you must give more. You must give it your all. That doesn't mean 100% intensity, it means 100% of your heart. Of your commitment. Of your intention. Otherwise, that goal of flying? You'll never reach it. You only get what you put into it...remember that.*

You have one more chance. This next one is a little longer. Depending on how you did last time, make any adjustments in your resistance. A little less if you could not last at a high cadence with moderate resistance, a little more if you found yourself bouncing and/or your legs weren't stinging after we finished.

At 3:20, speed up again after he sings "You got the music in you"; push until 3:53 (after he sings "Fly high"). Point out in the song when he says "Don't give up" at 3:29. When done, have them slow the legs back down to 60 rpm without touching the resistance.

Did you hear him? He just said, "Fly high!" The name of my profile today is I Dare You to Fly. I want you to imagine yourself flying, looking down over all of your challenges that you have risen above. Our hills are about to get steeper; the challenges have only just begun. Let's learn how to fly!

Climb: Do or Die, Thirty Seconds to Mars, 4:08, 135 bpm

Dial in enough resistance to feel the road rise up at 67 rpm. Moderate intensity (Z3), leaving room to increase effort.

This is just the beginning of a long series of rolling hills. Don't start off too steep; leave room to let your story unfold.

It's time to do or die, as the song says. Bring your goal to the forefront of your mind for this song, and tell yourself over and over, like a mantra, "It's time to do or die."

You may have heard the quote "In the end, we only regret the chances we didn't take." We do not want to live a life of regret. We don't want to say, "If only I had dared to commit myself. If only I had dared to work a little harder."

Leave them alone to think for most of the song. Just before the next song, say...

*So, now you have your goal in mind, and you've committed to not giving up....
And you know you will feel like flying when you get close to, and then reach, your goal.
What will that feel like, to fly?*

Climb: Rise Up (Radio Edit), Yves Larock feat Jaba, 2:52, 127 bpm

Add resistance and slow the cadence. You won't talk much during this song, as it speaks for itself. You can do classical jumps to reflect the "rise up" lyrics. If you aren't into jumps, simply ride switchbacks, using the music to guide you in and out of the saddle. Effort is hard.

This song has a huge message for you. I want you to find a moderately steep climb and every now and then, let the music pull you out of the saddle for 10–15 seconds.

*It's not a long song, but absorb his words! "My dream is to fly over the rainbow so high."
Rise up, rise up, rise up. Let's accomplish our goals together.
Let's do this!*

Flat: Fly Away, Lenny Kravitz, 3:41, 80 bpm

Drop resistance and pick up the cadence to 80 rpm. Ease up intensity.

Lenny agrees with Yves in the last song: it's time to fly away!

Sometimes our minds trick us into believing we aren't worth our goals. That we don't deserve to lose the weight we want to, or deserve this time for ourselves.

But who are you NOT to be your best self? You do deserve your dreams, and so much more. Don't let those doubts that sneak into your head be the weights on your wings and the reasons you can't fly. Here are some of those negative thoughts that sabotage us:

I'm too fat.

I'm too old.

I'm not smart enough.

Not fast enough.

Not pretty enough.

I don't have enough time.

I don't deserve this time to work out; I'm too busy.

I'm afraid to make a mistake.

I am afraid to fail.

I never succeed anyway, so why bother.

NONE of these are true—they only exist in your head. It's time to recognize them as shackles that weight you down...and then move on in spite of them.

Let's fly above the trees, anywhere we please. Just like Lenny says.

Besides...we've got another long climb in front of us.

Climb: This is The Day, The The, 4:59, 142 bpm

Listen up! Another song with a powerful message for you. It can be true for you IF you decide you want to believe. Today can be the day your life will truly change.

Alternate 15- to 20-second standing climbs with 30- to 45-second seated climbs for the rest of the song. Or you can use the beat of the music, such as 16 beats standing, 32 beats seated.

You know, when you finally realize that YOU are in charge of your life, and not your circumstance, it's so empowering. It feels so great to be free from those doubts and fears.

This is the day your life will surely change.

Climb: The World, Karmadelic, 5:31, 136 bpm

Start off in a moderate climb seated—you may have to reduce resistance from the last climb. Divide the class into 4 groups.

It's always easier to accomplish our goals when we know we have support. Make sure you enlist the support of your family and friends, and of course, me. If I can help you realize your fitness and health goals by inspiring you to come more often to my class, to do weights and core work in the gym, to train for your dream event...then I will do my best. Please let me know how I can help you! The point is, don't try to do everything on your own!

This song represents how we should work together. Imagine you are climbing in a group of four people. One person will take the lead and set the pace while standing. The others stay seated directly behind the leader. Have you ever seen the Tour de France? The riders do this on a hill. It's like a paceline, but it's not to block the wind, it's to set a faster pace than they would normally set on that climb. Every minute, you'll switch places.

You ready? Group #1, stand up and increase your resistance a bit. You'll stay standing for 1 minute! Everyone else, imagine that you are right on her back wheel. Stay committed to that pace.

Alternate your groups for 1 minute each. By the time you finish explaining the paceline, you will likely have 4 minutes remaining to execute it. If you have extra time, have everyone stand up together for the summit. Throughout the climb, continue to motivate them with encouragement about working together. The lyrics of the song are about the soul of the world. "It's time to take control, head for your destination. We are the soul of the world."

Descent: On Top of the World, Imagine Dragons 3:10, 100 bpm

We made it! We are on top of the world!

Enjoy this for a moment and absorb the joy of reaching the summit. But now it's time to go downhill; we have one more climb once we reach the bottom. Let the legs spin, bring down the heart rate as we descend. If 100 rpm is too fast for you, that's OK—I'd rather you pedal only as fast as you can with good form. Enjoy the recovery before the final climb.

Take it in but don't look down... 'cuz I'm on top of the world.

Climb: Don't Stop Believing, Journey, 4:09, 118 bpm

One final 13-minute challenging climb remains. This should be a long, emotional, happy, and powerful climb. Make sure to rein in their exuberance if intensity gets too high. You can add small amounts of resistance every minute if you want, staying seated throughout the song.

Settle into a seated climb that you're going to hold for a while. If staying seated gets difficult for you, accept it. You know you're going to encounter some challenges in your personal goal, so let this represent those moments. You can do it! You've got to believe in yourself, no matter the challenge.

For the next 4 minutes, I want you to reflect again on your goal. Now that you are empowered with the knowledge that you can overcome your fears, and that you won't stop believing, think ahead to the days that lie ahead of you. What will you do when it gets really challenging? You're going to have to rely on your own ability to empower yourself. You're going to have to dig deep inside yourself and remind yourself "Don't Stop BELIEVING!"

Climb: Dare You (Tiesto vs Twoloud Remix), Hardwell feat Matthew Koma, 5:24, 128 bpm

You can go crazy with this song! Alternate seated with standing climbs, coming out of the saddle with the surges in energy, and when he sings "I Dare You!" (He doesn't actually say "I dare you to fly" but that doesn't matter, YOU are daring your riders to try, and to fly!)

*So...are you starting to believe in yourself now? How can I say it any louder?
Are you starting to realize that **you can do this?**
Then I DARE YOU TO CRY!
I DARE YOU TO TRY!
I DARE YOU TO FALL!
I DARE YOU TO FEEL!
I DARE YOU TO FLY
I dare you to go after your dreams...*

This song is so empowering, so real, so believable. Use its passion to get your riders to believe that they can, indeed, accomplish whatever they choose to believe they can do.

Climb: Phoenix, Fall Out Boy, 4:05, 138 bpm

I think I'm having an impact here. I am starting to think that YOU ALL BELIEVE you are worthy of your goals and that you will commit to them.

It's time to put on your war paint.

We're not done yet. We've got about 7 more minutes of climbing, and we're going to push up this last stretch together.

We are going to set fire to the sky as we reach this summit.

Stay seated for 3 minutes as you resistance load every minute. Then at 3:12, burst out of the saddle for the final 50 seconds. Don't sprint, just push hard to the top.

Think of yourself rising up from your doubts and disbelief in yourself, like a phoenix rising up from the ashes.

Get yourself ready for the summit. Once we get there, we won't have time to celebrate quite yet, you'll have to head downhill right away. There's a little more work after the descent.

Downhill to fast flat: Dare to Fly, All Good Things, 3:34, 94 bpm

As the song starts, reduce resistance, let the legs spin and grab the 94 rpm beat. You're heading downhill and will use the first minute to recover. Very quickly, at :25 he sings "Put your hands up if you dare to fly"—just before that, ask them to "listen to the message"...

Hear that? Put your hands up if you dare to fly! Who here is ready to fly? (Let them raise their hands, and raise yours too). I LOVE to see that!

You're recovering now, but when we reach the bottom in one minute, we'll push to the finish line with a little more resistance.

At 1:20, tell them the valley floor is fast approaching. Then at 1:36, right after he sings "Put your hands up if you dare to fly" have them add some resistance.

We've reached the bottom of the descent, add the road back in since gravity is no longer in our favor. But keep that high cadence, we have two minutes before we arrive at our destination. Intensity will be moderately high, but stay in control.

Looks like we are all taking on this dare! You now know that nothing lies in your way that you can't overcome.

With 1 minute left, tell them they will prepare to sprint to the finish in about 30 seconds, reminding them to add sufficient resistance to support them in the powerful effort.

Get ready, we are all going to burst out of our saddle and sprint to the finish...Here we go! (Sprint with 20 seconds left)

Cool-down: Here's to Us, Kevin Rudolf, 3:58, 96 bpm

Another great message in this song. Congratulations to all of us for cementing our commitment to achieving our goals. Here's to all of us for daring to fly!

So, does this mean I will see all of you in my class at least X number of times per week? I hope so! Remember, I'm here to help you reach your fitness goals.*

*Remind them when you teach, and if it's only once, suggest another class they can attend so they can commit to at least twice per week.

Cool-down, stretch: Best Day of My Life, Tribute to American Authors, 3:17, 100 bpm

Today, you have set your belief in yourself in motion.

You have placed that stake in the ground and announced to the world that you won't let anything get in your way as you prepare to fly.

Let's all make this, and every day, the best day of our lives.

I'm so glad I could be a part of this with you, and thank you for riding with me today.

Post-class song: Dare You (Acoustic), Hardwell feat Matthew Koma, 3:07

If you have time, play this beautiful acoustic version of this song at the end of your class.



Song Sources: Track, Artist, Album (sources)

This is the New Year, A Great Big World, Is There Anybody Out There?
(eMusic, Amazon, Spotify)

Want to Believe, Rich Aucoin, Ephemeral
(eMusic, Amazon, Spotify)

You Get What You Give, The New Radicals, Maybe You've Been Brainwashed Too
(Amazon, iTunes, Spotify)

Do or Die, Thirty Seconds to Mars, Love Lust Faith + Dreams
(Amazon, iTunes, Spotify)

Rise Up (Radio Edit), Yves Larock feat Jaba, Rise Up
(eMusic, Amazon, iTunes, Spotify)

Fly Away, Lenny Kravitz, 5
(Amazon, iTunes, Spotify)

This is The Day, The The, Soul Mining
(Amazon, iTunes, Spotify)

The World, Karmadelic, Flip Your Mind
(Amazon, iTunes, Spotify)

On Top of the World, Imagine Dragons, Night Visions
(Amazon, iTunes, Spotify)

Don't Stop Believing, Journey, The Essential Journey
(Amazon, iTunes, Spotify)

Dare You (Tiesto vs Twoloud Remix), Hardwell feat Matthew Koma, Dare You Remix EP
(Amazon, iTunes, Spotify)

Phoenix, Fall Out Boy, Save Rock and Roll
(Amazon, iTunes, Spotify)

Dare to Fly, All Good Things, Battle Rock
(eMusic, iTunes, Spotify)

Here's to Us, Kevin Rudolf, Here's to Us
(Amazon, iTunes, Spotify)

Best Day of My Life, Tribute to American Authors, Best Day of my Life
(eMusic, Amazon, iTunes, Spotify)

Dare You (Acoustic Version), Hardwell (feat Matthew Koma & Bebe Rexha), United We Are
(iTunes, Spotify)