



INSTRUCTOR STUDY GUIDE

Welcome to the **BPM Cycle™** Instructor program brought to you by Induro Cycling Studios, inc. Induro has been producing the industry leading indoor cycling videos for since 2006! We are in over 3,000 gyms worldwide in 27 countries with cycling enthusiasts enjoying our programming at an average of over 1/2 million views per year! Induro provides for a visual experience while **BPM Cycle™** is directed toward the rhythm ride and beat based cycle teaching method that celebrates the power of music and exercise. This is your BPM Cycle™ Instructor Certification Study Guide that will **REVOLUTIONIZE** the way you teach indoor cycling! Upon passing the written exam you will receive your official **BPM Cycle™** Instructor Certificate including CECs for your professional fitness career. To increase your knowledge and in addition to studying this guide we also recommend that you:

- Watch the **BPM Cycle™** training videos
- Ride to at least one **BPM** Guided Video
- Tap out music when driving, in the office, at home to get a natural skill of hearing musical phrases
- Self study and join networks that emphasize music, fitness, and indoor cycling



As you read this guide please take notes and envision how you will offer the amazing **BPM Cycle™** classes at your facility. Upon learning and developing the flow of energy that is **MUSIC** and **CYCLING** you will be a

STAR! On stage, on bike, on FIRE! Striking down on the cycle pedal like the pedal of a floor drum. Are you ready to make your drum go BOOM?

Upon completing this training program will have the option, power, and tools to teach the same **BPM Cycle™** program that is enjoyed in over 3,000 studios in 27 countries! We encourage you to take your new found RHYTHM RIDE knowledge and utilize the skills you learn in this training to teach the **BPM** style as this will take your participants to new heights with amazing fitness results! Once certified you will realize the beauty of what true beat based cycling is. You will have the ability to cue moves on the first beat of any musical phrase. Something we call “cueing it on the one”. You will realize that finally there is a structured, safe, and fun rhythm ride certification that is right on TIME! No more writing out your cycling teaching regimen. Simply play your favorite music and FEEL the ride!

For more information connect with INDURO CYCLING™ , the parent company of **BPM Cycle™** on our social media platforms to get the latest news, updates and features now offered by **BPM CYCLE™**:



TABLE OF CONTENTS

MODULE 1 pg 4

INTRODUCTION TO BPM CYCLING

MODULE 2 pg 8

BIKE ANATOMY & BIKE SET UP

MODULE 3 pg 16

TEACHING BPM CORE CLASS COMPONENTS

MODULE 4 pg 22

BPM CUEING, IMAGERY & VERBIAGE

MODULE 5 pg 26

BPM RESISTANCE & CADENCE

MODULE 6 pg 29

BPM POSITIONS, MOVES & ATTACKS

MODULE 7 pg 33

BPM MUSICAL PHRASING

MODULE 8 pg 44

HEART RATE TRAINING

MODULE 9 pg 49

BRINGING IT ALL TOGETHER