RIDE + RENEW

Introduction | Ride | Renew

Yoga Poses | Class Considerations | Wrapping Up

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SECTION 1: INTRODUCTION

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OBJECTIVES

- Discuss the physical and physiological benefits of cycling
- Discuss the physical and physiological benefits of yoga
- Compare coaching and cueing for both formats
- Identify how to ideally program a class for maximum benefit
- Discuss class considerations and logistics

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CLASS COMPONENTS

+

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WHY RIDE?

Improve cardiovascular fitness

Improve strength and power

Metabolic training

Performance

Exercise, especially high-intensity exercise, stimulates the sympathetic nervous system (SNS), increasing arousal and awareness, heart rate, and release of cortisol

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WHY RENEW?

Optimize your energy potential

Enhance your muscle recovery

Reduce risk of injury

Release tension

Yoga practices, especially deep breathing with prolonged exhalations, stimulate the parasympathetic nervous system (PSNS), returning the body to a state of rest

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