Created by Jennifer Sage  
Training Type: Motivational Theme Ride, Inspirational  
Working HR Zones: Zone 3 to Zone 4  
Total Class Length: 60-minutes

Profile Description  
This profile is called *Roll With the Changes*. It is a motivational ride to help your students commit to their goals for improving themselves for the New Year. This is a great profile to do after you’ve already inspired them to discover their *why* in *How Big is Your Why*. Keep in mind that it doesn’t have to be a “New Year’s Ride”—you can inspire them to make changes any time of the year. It’s just extra relevant early in the year.

Objective  
The objective of this ride is to inspire students to realize that in order to meet their goals, it’s up to them to make the necessary changes. No one will do it for them, just like no one else will turn the pedals for them or turn up the resistance. The beauty of our indoor cycling classes is that our challenges on the bike become analogies for life, so this is an inspirational life-changing ride for those who decide to take note of the message. But not everyone is open to that idea; they might think it’s silly, they might not be quite ready to take the responsibility. For these riders, this is simply a good workout with a variety of terrain, including five climbs and several flat roads with periods of higher leg speeds. But don’t be discouraged if you have students like these in your class. Believe me, you WILL inspire many of your students who will thank you for the message. For the others who are not as open to the mental challenges, you just never know if you are planting a seed that might need a little more time to germinate. Don’t be surprised if a few months down the road you see a change in some of those students who dug their feet in early on.

Like *How Big is Your Why*, this is not just for your students; this is to help you realize your own potential to make changes as well. One of the reasons you joined ICA is to become an even better, more motivating, more knowledgeable instructor. These inspirational profiles help you do just that. It’s an indisputable fact that by inspiring others, you inspire yourself.

Hopefully you realize what potential that lies in front of you in your role as an instructor. Through your coaching, you can affect your students in a profound way if you allow yourself to stretch yourself, and to be vulnerable. Always remember the following quote:

> Everything you say, everything you do, can affect people in ways you may never know. Your influence, like your shadow, extends to where you may never be.

Make sure you have lined up some pretty powerful goals for yourself this year. Make a decision yourself to not accept the status quo, and to make the change you’ve been wanting for a long time. Doing so will make your message of inspiration to them all the more believable. As I stated in the description of *How Big is Your Why*, once you’ve decided to take on an important and
worthy challenge for yourself, then it’s going to be much easier to turn around and inspire your own students to set a goal and do something amazing in 2013. Besides, achieving your own goal is so much more fun when you’re inspiring others and they’re inspiring you!

**What holds you back from making a change?**
It’s usually the reticence to take responsibility, and to succumb to the subconscious mind, which sabotages your every dream if you let it.

It’s time to awaken your dreams! This is YOUR life, and you only have one of them. So why not change the channel, turn the page, get a brand new book, whatever you have to do to finally realize your dreams and unlock your potential. Each one of the songs in this profile helps you do just that.

Make a vow that this will not be you ever again:

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New Year's Resolutions
for 2009

1. Lose weight again
2. Get fit next year
3. Give up alcohol
4. Stand up to boss
5. Be nicer to my wife
6. Sort out junk in shed
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60-minute Ride

Good Life, OneRepublic  4:13  95bpm (Warm-up)
Gradually let the legs build to 95 rpm, a great cadence to warm-up the legs. Over the 4 minutes, have them add small bits of resistance. Announce the purpose of the ride:

Ah this song speaks to us, doesn’t it? We all want a good life, don’t we? And we CAN have it! But as you probably know, things worth having don’t just fall into your lap. It’s takes some work, it takes some commitment, and it takes a willingness to change old ways that don’t serve us. Wishing it were so doesn’t make it so, and you can’t be fuzzy about your goals – you’ve got to be clear what you want, and when you want them, so you can make the needed changes now.

Did anyone see the movie Knight and Day with Tom Cruise and Cameron Diaz? In one scene, they are sitting on a plane and Cameron’s character shares a dream of what she would do “someday”. In response, Tom’s character asked if she knew what “someday” meant. He went on to explain that, “someday… is really code for never.” Aha!

Do you ever say that? Have you ever said any of the following: “someday I’m going to lose weight.” “Someday I’m going to get serious about my fitness.” “Some day I’m going to get certified to teach Spinning!” Let’s take that fuzzy idea of ‘someday’, and turn it into TODAY. Because we aren’t getting any younger, are we?

Have you ever wondered where the time has gone? You blink your eyes and an hour, a week, a month, or a year has passed without really realizing it? Or worse, 5-10 years go by, and your kids are grown up, you weigh a lot more, that job promotion never materialized. And you say, “what happened??”

That happens because you are not willing to change your story, you haven’t been willing to turn the necessary pages. No one else will do it for you. Any changes that happen in your life, for the better, or even for the worse, are only up to you. You are responsible for the changes that you want to see, and by taking charge now, you can make sure they are the GOOD changes, not the undesired ones. And like the movie Knight and Day, it’s got to be today, and not just “some day”.

Shifting this mentality means making a committed decision to change… Remember: change is a process, not an event. It doesn’t happen overnight, but it can start today, on this bike, with this group of people.

We are going to reflect on all of this today in our ride, and each of the challenges we face in this profile will represent the changes we want to make. Repetition is the mother of all learning, so we’re going to do a series of climbs so we can learn what we need to do to ingrain those good habits into our subconscious.
**Changes, David Bowie 3:36 110bpm (leg surges)**

There will be 3 short leg surges in this song, each time he sings “Ch-ch-ch-changes…”. The first will be a test, tell them to get ready to commit to Changes!

The first one is at :55, grab the fast beat (110) rpm and hold until he says “Time may change me…” at 1:13 (18 seconds total)

Then let the legs ease up. Tell them:

*Yup “Changes”*. Like I said, either you agree to make the changes in order to get what you want, or you accept the status quo, the “same ‘ol story”.

*That one was pretty easy, but I want you to add a little more resistance now, so that the next two surges will be quite hard. They are short (18 seconds), but very little recovery in between them.*

#2 starts at 2:04, hold until 2:22 (not much recovery before the next one)
#3 starts at 2:44, hold until 3:02

As you ease up from this last one, before the next song starts (you won’t have much time, only 30 seconds), tell them:

*This next song will represent your newfound desire to change. If you are tired of the same ‘ol story and want to turn some pages, this song will inspire you to do so. It’s a fast flat, I won’t talk much, I want you to just revel in the rhythm and the road!*

**Roll With the Changes, REO Speedwagon 5:37 93bpm (Fast Flat)**

Everyone should immediately recognize this classic song. It’s such a fantastic song for a flat road at a wonderful quick cadence of 93 rpm. Try to refrain from talking very much through the first 3/4 of the song. Stay seated as much as possible, inspire them to close their eyes and focus on the sensations of the pedaling, their breath, the fantastic rhythm, and the message of the song. Encourage them to stand if they really need to, but for short periods.

Towards the end of the song, you can inspire them with encouragement to stay committed beyond the cycling studio:

*Oh yeah, we’re going to keep on rolling through this whole year, staying committed to our dreams, committed to be the masters of the change we need. Rolling to more Spinning classes, rolling out on the road outside, rolling through life happier than ever. Take this sensation of joy you feel now and remember it every time you are challenged by doubt.*

**Waves of Change (Kaskade Remix), Samantha James 5:40 127bpm (1st Climb)**

The last song was Roll with the Changes, this one is Waves of Change. We’ll continue with that idea of change, but this time take it onto a climb, the first of 5 climbs of various lengths. Grab the beat (64 rpm) and find a moderate hill, giving yourself room to build the hill underneath you.
The song is 5:40. Do a resistance increase each minute staying seated, building to an RPE of “hard”. On the 4th increase, add enough to stand up on a hard climb. Throughout the climb, sprinkle in some of these comments:

Each one of these increases in resistance represents the obstacles that get in the way of your desire to change. It’s not a matter of “IF”, it’s “WHEN” they will happen. Knowing they are inevitable makes them a little easier to deal with because you’ll be prepared. When you encounter these obstacles to your goals, reflect back to this ride, think of them as increases in resistance on your climb. What does that do? It makes you stronger! What do these obstacles do, that get in the way of your dreams? They make you stronger! ESPECIALLY when you pedal on through them!

Are you familiar with the expression “same ol’ same ol’”? None of us wants to be saying those words at the end of this year, none of us want to continue with the status quo! It’s time to finally make that change, a Wave of Change, and to take the bull by the horns, or to borrow the motto of a major shoe company…to Just Do It!

**Carry On, Fun 4:38, 104 bpm (2nd climb)**
The first part of the song can be used as a recovery. The song gets going at 1:14, so start climbing at :58 when he says “If you’re lost and alone…” then at 1:14 when he sings “Carry On Carry On” and the beat gets going, turn it up with a vengeance. The cadence is slow (52 rpm).

At 1:44 ease up…
2:00 turn it up, then at 2:36 stand up when he says “No one’s ever gonna stop us now!”
At 3:13 sit back down, and reflect on the words “Carry On”
At 3:49 stand back up “No one’s ever gonna stop us now!” and stay standing until the top.

Very few words are needed in this song, they are such great lyrics.

**Making a Change, Rowan Falzon 2:55, 114 bpm (Recovery to fast flat)**
Ease up and let the legs spin, you’ll have 2 minutes to recover at whatever cadence you want. But the final minute we will grab this fast cadence and hold – it’s 114 rpm so if that’s too fast for your own comfort level, do as much as you can.

Listen to these lyrics – and tell any of the doubters, including your subconscious mind: I’m making a change, step aside this is my time!

He also says, “what doesn’t break me makes me strong!” Let’s all remember that.

At 2:07 have them grab the beat. It’s a very fast cadence; focus on technique, sitting deep in the saddle, relaxing the upper body so the legs can work.
**It’s My Life, Bon Jovi, 3:45, 120 bpm (3rd Climb)**
*Let’s get back on a hill. This one is going to be two songs long. You Bon Jovi fans will recognize this song, it’s a very inspiring one that highlights our theme today. You are making this decision to change because it’s YOUR life, it’s YOUR time! You want to LIVE when you’re ALIVE! And you can always say that you did it your way!*

Alternate seated with standing climbs every 30-40 seconds, with a final hard push the last 30 seconds when he says “It’s NOW or NEVER”.

**A Change Would Do You Good, Sheryl Crow, 3:50, 127 bpm (3rd climb continued)**
*Phew! Yes, all these changes will do you good!*

Ease up at the beginning, back to a moderate climb, that you’ll build up once again. This time you’ll stand up every time she sings “A Change Will Do You Good,” about 15 seconds.

*Is it starting to sink in? That you are responsible for making that change, or those changes?*

**I Won’t Back Down, Tom Petty 2:58, 114 bpm (Recovery to fast flat)**
*Like the previous recovery song, you’ll use the first 2 minutes to recovery at any cadence, and then the final minute, grab the fast beat at 114 rpm and hold for a full minute. Allow those who find the challenge to be too much to ease up, or only hold it for 15-20 seconds. Continuing when technique is incorrect does no one any good.*

*Now, you are committed to change. This song reinforces that you will not back down, that you will stand your ground!*

*Grab the beat right away and dial in a climb. Stay seated the first 5 minutes, resistance loading, then alternate standing every 15-20 seconds (long jumps, or switchbacks. You can also use the beat, and alternate every 32 counts instead of seconds). Finish with a hard push to the top once again. Use these cues throughout the climb:*  

*This is your longest climb, but not the last one. It’s time to RISE UP to meet the challenge, so you can do, have or be everything you always wanted to do, have or be!*

*Is this going to be your year? Is this the year you make the decision to Just Do it?*

*One way to increase your chances of a change becoming a habit, is to become mindful of it. Eating is a good example, but it can be anything you want to change. You don’t want to do it unconsciously, you want to bring it to your conscious attention every time you eat, every time you work out, every morning when you say your affirmations, including how THIS day you will be present. It means being aware. To know what I’m talking about, let’s practice: for the rest of this climb, as you Rise Up, be mindful of your pedal stroke, be mindful of how it feels in the legs, be mindful of your breath, and of the challenge.*
If it seems hard, perhaps too hard, how about if you change the way you perceive it? Instead of “this is hard” which often translates in your brain as “I don’t want to do this any longer”, change your thought to “every pedal stroke is making me stronger. Every turn of the pedals is making me better; is bringing me closer to my goal.”

**We Are Okay, Joshua Radin, 2:42, 109 bpm (Recovery to fast flat)**
Like the previous recovery song, you’ll use the first 2 minutes to recovery at any cadence, and then the final minute, grab the fast beat at 109 rpm and hold for the rest of the song.

*We have one more climb, followed by a final fairly fast flat before we cool down. As you recover here, think of these words, “we are OK, we are Alright.” But there is another important message in here, he says, “we can never seem to find the time we lost, though we try at any cost.” This is a reminder that we don’t want to lose any more time in our lives. Once again, we stick that stake in the ground and say “Today is the day I commit to CHANGE!”*

**I Gotta Feeling, The Black Eyed Peas 4:49, 128 bpm (5th Climb)**
*OH yeah, I gotta feeling that today is gonna be a good day! I gotta feeling that all of you are going to reach your goals this year. I’ll be there to help you every time you come to my class. I hope you’ve gotta feeling as well, that this year is gonna be a great year. Let’s ride this climb together, but I want you to ride it any way you want to! You can sit or stand or alternate. Let the joy of the song be reflected in your energy on this climb; let the happiness flow through you as you ride. Make it as challenging as you want, but never let that smile leave your face.*

Then just let them ride, making sure to catch the eye of every student in the room and smile at them.

**Return to Innocence, Enigma 4:14, 88 bpm (flat)**
*We’re not done folks; the climbs are over, but we have 4 minutes on this flat road at a moderately hard aerobic tempo pace before we cool down. The cadence is 88 rpm, not as fast as we’ve reached earlier in the ride, but still a good working pace. I’d like you to close your eyes and ask yourself: how can I be a better rider than I was yesterday? You can by being in the present moment. Focus on the rhythm in your legs, effortless and flowing; focus on your breath, totally in your control but still deep and rhythmic, letting you know that you are not done with the work. Focus on a relaxed and supple upper body, allowing your legs all the energy they need to turn the pedals.*

*Like the song says, return to your own innocence, back when worries didn’t haunt your day. Replace those worries with joy, and with conviction that you can have, be and do anything you want to do. Setting the intention of being better today than you were yesterday will help maintain a strong commitment to the present moment and guide you towards your goals.*

If possible stay seated through the song. Close your eyes and focus on form.
Brand New Book, Train  3:48, 119 bpm (Cool down)
Can’t Go Back Now, The Weepies 2:18 (Cool down)

Both these songs have great lyrics!

So there you go, we’ve all just committed to making this year the best year ever. We’re all going to make the necessary changes to meet our goals. No more “some day I’ll do that”. No more “same ‘ol same ‘ol”. No more “if only” and especially no more, “where the heck did the day/week/month/year go?” This is the year that you become mindful, that you turn the pages, that you write a Brand New Book. This is the year you Roll With the Changes and you’ll ride the Waves of Change, because you know that a Change Will Do You Good. You’ll Carry ON, because It’s Your Life, and You Won’t Back Down. You can Return to Innocence of your youth.

We’ve come this far, we Can’t Go Back Now! Resolve to take good care of yourself this year!
It’s time to awaken your dreams! This is YOUR life, and you only have one of them. Committing to these changes, doing whatever you have to do, will help you to finally realize your dreams and unlock your potential.

And let me know how I can help you stick to your commitment to make a change.
Roll With the Changes Playlist
Good Life, OneRepublic, Waking Up (Deluxe Version)
Changes (1999 Digital Remaster), David Bowie, Best Of Bowie
Roll With the Changes, REO Speedwagon, You Can Tune a Piano, But You Can't Tuna Fish
Waves Of Change (Kaskade Remix), Samantha James, Waves Of Change (Kaskade Remixes)
Carry On, Fun, Some Nights
Making A Change, Rowan Falzon, Making A Change
It's My Life, Bon Jovi, Bon Jovi Greatest Hits - The Ultimate Collection
A Change Would Do You Good, Sheryl Crow, Sheryl Crow
I Won't Back Down, Tom Petty, Full Moon Fever
Rise Up, Sunkids feat. Chance, Disco Kandi Vol.2
We Are Okay, Joshua Radin, Simple Times
Return To Innocence, Enigma, The Cross Of Changes
Brand New Book, Train, Brand New Book
Can't Go Back Now, The Weepies, Hideaway