

# My Transition: A former Aerobic Queen's journey into the great outdoors



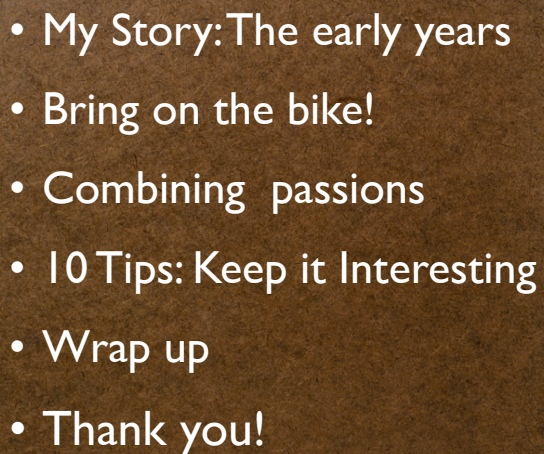
**Pam Benchley**

Stages Indoor Cycling

Master Educator



# Welcome!

- 
- My Story: The early years
  - Bring on the bike!
  - Combining passions
  - 10 Tips: Keep it Interesting
  - Wrap up
  - Thank you!



## The early years...

- An athlete takes a fall
- Rehab leads to...the gym
- I can do that job!



## The early years...

➡ Participant

➡ Personal Trainer & Group Ex. Instructor

➡ Master Trainer

- Evolving into a leader
- *"If you're not pursuing your goal, you are literally committing emotional suicide."*



workisnotajob.





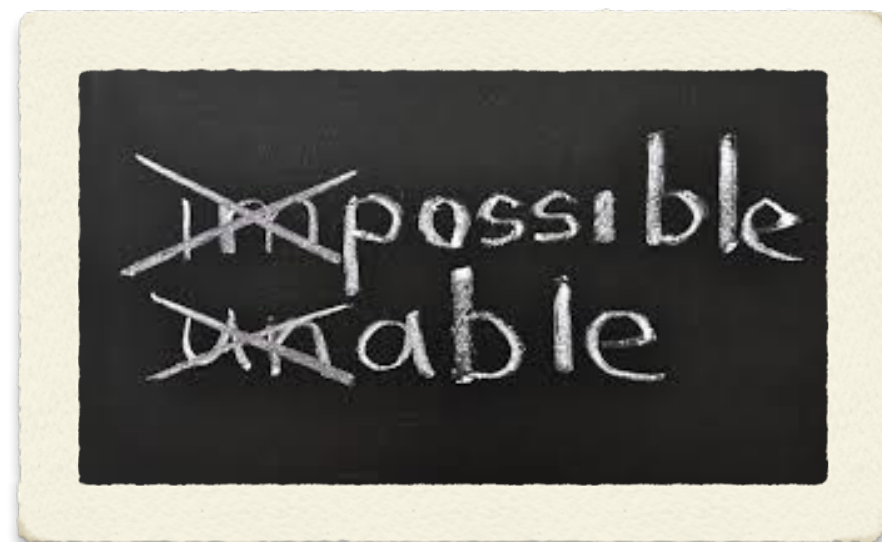
## Bring on the bike!

- My first indoor cycling experience
- Learning to LOVE
- Fortune strikes! Combining my passions of riding and teaching



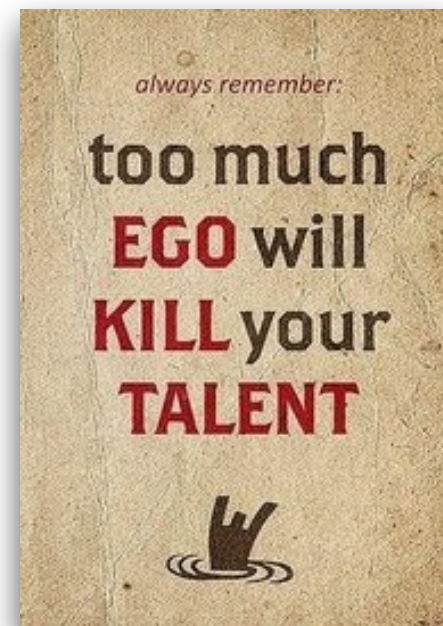
## What drives you?

- *"Greatness is a lot of small things done well - day after day. Work out after work out. Day after day."*
- *"He who says he CAN and he who says he CAN'T are both usually right."*



## 10 Tips: Keep it Interesting

**Tip #1:** Realize the value of Continuing Education - such as this summit! Continue to learn and grow. Invest in yourself and it will reflect on your classes. Stay humble. Be willing to change your position based on the latest science and research!



**Call To Awesomeness:** Has your stance transitioned because of a topic presented during the Summit? If so, write it down! You never know, it might transition again.



## 10 Tips...

**Tip #2:** Don't shy away from new technology! Consoles and Power Meters are not the future, they are the NOW. Data collecting tools, when used correctly, can demonstrate measurable progress. Learn how to administer benchmark assessments and track fitness changes. Exciting times for us in the Indoor Cycling world!



**Call To Awesomeness:** Commit to learning one new element of technology that transitions you to a new level of leadership.



## 10 Tips...

**Tip #3:** Master the art of EFFECTIVE Communication...what 'languages' do your classes understand?

COMPARISON/ANALOGY/IMAGERY

RPE

POWER

HEART RATE

**Call To Awesomeness:** What language(s) are you going to transition your riders to understanding?



**CUE-munication:** |kvoo|myoonə'kāSHən|  
In order to be a true CUE-municator one must become "MULTI-LINGUAL"

## 10 Tips...

**Tip # 4:** *Feel the Real:* Have your participants take a short (20-30min) ride outside. Ask them to observe two things:

1. How did you make your bike go **FASTER**?
2. How much of that total ride time was spent **STANDING** out of the saddle? Open up a discussion on **LEG SPEED** and effective body position.



**Call To Awesomeness:** If you don't ride outside, just try this once (pleeease?!).  
An 'aha' moment awaits you!





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*Pamela Benchley*

## 10 Tips...

**Tip #5: NETWORK** - get out there!  
Attend other classes or conferences, join an outside ride club. If possible, find a mentor.



**Call To Awesomeness:** Name one person in your immediate circle that you would like as a mentor?



## 10 Tips...

**Tip #6:** Find your PASSION- take some time to self-reflect...are you pursuing your passion? Try and avoid the 'Jack of All Trades, Master of None' pitfall.



**Call To Awesomeness:** What one thing could you transition OUT of your life TODAY that would allow you more time to pursue your passion?



## 10 Tips...

**Tip #7:** It's NOT a competition! This isn't about who plays the loudest music or has the largest 'sweat pond' underneath the bike. It's about helping others live healthy, happy lives through our work. Focus on making our participants feel successful and accomplished instead of competing with one another.

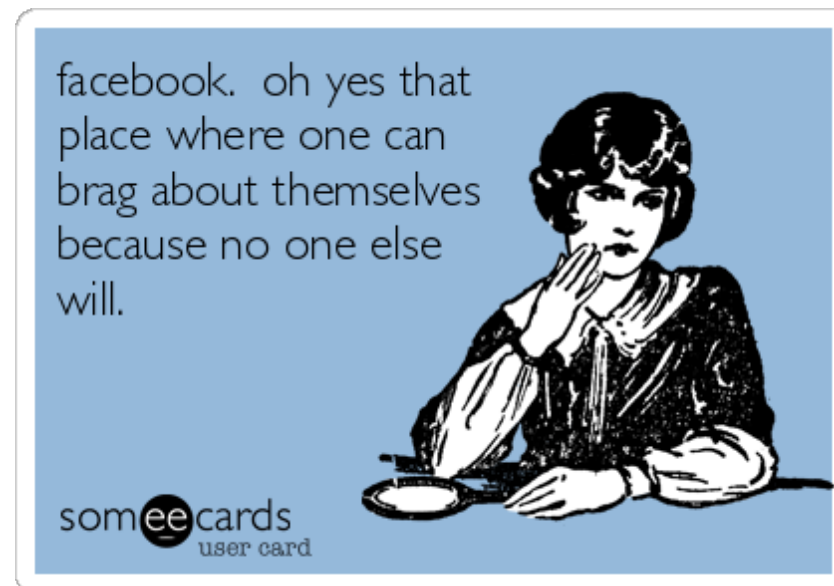


**Call To Awesomeness:** Name one way that you could transition your studio environment to allow for greater individual success.



## 10 Tips....

**Tip # 8:** What does your 'status' REALLY say about you? Social media..how it can help...and harm your message!



**Call To Awesomeness:** How does your next post bring true value to your friends and followers?





### 10 Tips...

**Tip # 9:** Embrace the Space! As instructors we can sometimes be overly verbal. Often cueing every tiny nuance about body position or using too many distraction techniques. Quality over Quantity!



*blahblahblahblah!*

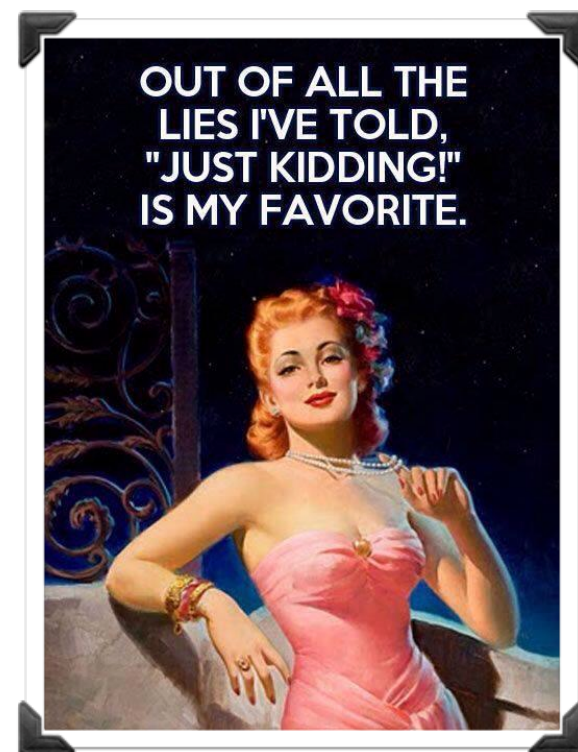
**Call To Awesomeness:** Start the timer: Can you survive 2 minutes in your next class without saying a word? Hint: Pick a great song with meaningful lyrics.



# 10 Tips...

**Tip #10:** Keep it HONEST. State your goal and stick to it. Folks really want to know 2 things: How intense is this ride or section going to be and how long is it going to last? We call this anchoring time and effort. If you want your class to trust you, and give their best, you must be honest about the task!

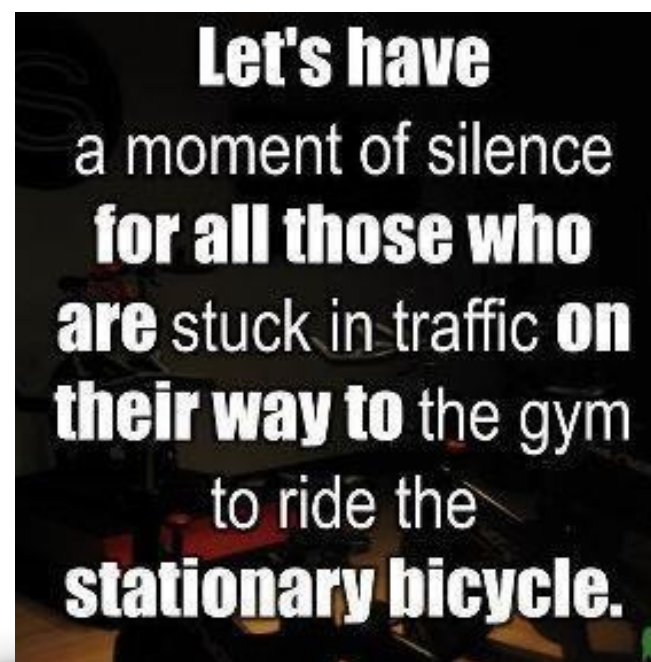
**Call To Awesomeness:** In your next class, every time you mention an intensity, tell them exactly how long it will last.





## Summary

- Know your cycling safety - practice good **risk vs. effectiveness** strategies on the bike.
- Important to know the **do's** and **don'ts** but equally important the **why** and **why not's**
- Have Fun!



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# Thank You!

