

## 1980's Profile

By Leah Gaspar

I always throw one or two 80's songs into my profiles. This was so fun to do a full 80's ride. An option for an Event Plan is to do 80's movies songs. I do a lot of rides to well-known movie soundtrack songs and I love to throw a few in there that not everyone remembers. It gives them something to think about on a seated flat and I'll see who can "name that movie."



In this 80's profile below, I did just that with a few songs one from Ferris Beuller's day off and the other from Sixteen Candles.

### **Don't You Forget About Me, Simple Minds (4:21)**

Warm up (seated flat slowing adding resistance every 45 seconds)

### **Start Me Up, Rolling Stones (3:33)**

Continue adding gear. Come out of the saddle into standing flat

### **Sweet Dreams, Eurythmics (4:52)**

Standing climb, seated climb. Every minute, alternate in and out of saddle adding resistance into heavy climb.

### **Oh Yeah, Yello (DJ Fisum remix) (Ferris Beuller's day off) (3:37)**

Seated flat: 1 min at 80 rpm, 1 min 90 rpm, 1 min 95 rpm, then last 37 sec add small resistance hold 80 - 90 rpm.

### **Wake Me Up Before You Go Go, Wam, 3:53**

Jumps (8 count jumps)

### **Whip It, Devo, 2:40**

Sprints (at 0:45 and at 2:00 do a 15-sec sprint)

### **Word Up, Cameo (4:19)**

Seated Climb

### **Buffalo Stance, Neneh Cherry (3:54)**

Seated flat

## Indoor Cycling Association *Go Retro!* Profile contest

**Take On Me, A-ha (3:47)**

Sprints on a hill (15 second sprint during chorus)

**Take My Breath Away, Berlin (4:12)**

Standing climb

**Karma Chameleon, Culture Club (4:02)**

Jumps (4 count jumps during chorus)

**Holding on For a Hero, Bonnie Tyler (4:25)**

Seated flat with sprints (15 second sprints on chorus)

**What a Feeling, Irene Cara, Flashdance (4:06)**

1 min seated flat into 1 min standing climb, 1 min seated climb, 1 min standing climb

**Let's Go Crazy, Prince & the Revolution (4:40)**

Seated flat: cadence 85 rpm 45 seconds, 95 rpm 45 seconds, 100 rpm 45 seconds, 90 rpm 45 seconds, 80 rpm 45 seconds.

**True, Spandau Ballet (Sixteen Candles) (5:34)**

Cool down and stretch