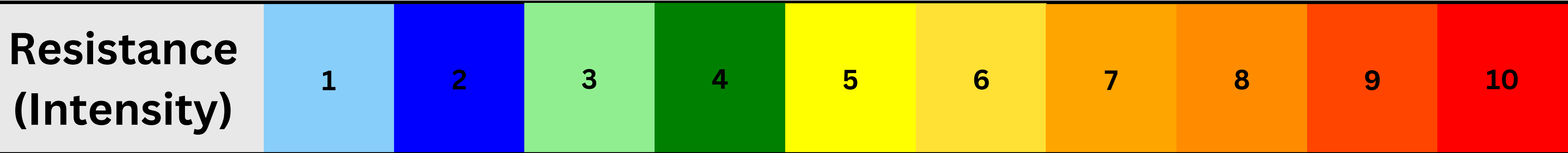
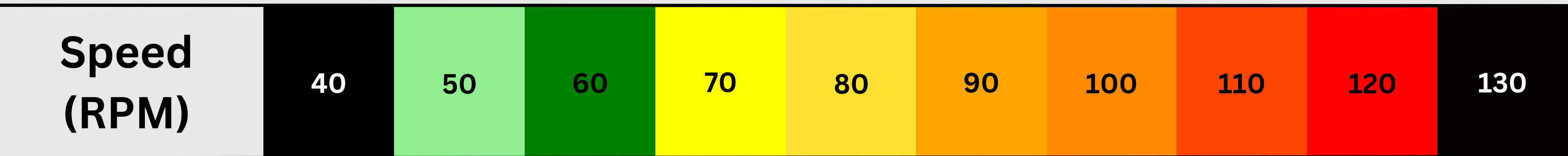




Cycling Levels



You choose your own level of intensity.



Optimal Cadence (Performance) Range (ICA, 2025)

Danger Zone (130+)

Suggested RPMs

Climbs: 55-75 RPM

Sprints: 90-120 RPM

Intervals: Varies

- Example (Power and Climb)
- Climb: 60-65 RPM
- Power: 70-85 RPM

Tips

- Seat placement should be two inches below the hip bone.
- Keep your chest up and forward - Do not slouch while riding.
- Ride with slightly bent arms - Do not lock your elbows.
- Stay hydrated during and after your ride.
- Have fun!



“I need more resistance - Do you?”