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Empowerment Class – Can Fit Pro

Burntrax Fitness Music
 Spin/Cycle 23 – set you free

Track	Song	Time	Drill	Cues
1	Itchycoo Park	5:03	Warm Up	Welcome, setting the invitation tone, setting an intention hearts desire in the present tense, bringing attention to physical sensations in the body - where is it at today.
2	Don't stop the music	5:45	Spin Ups	Perfect technique, set resistance, speedt 70 RPM. Increase by 5 RPM progressively - checking in at each level to see if people feel they can go on or should stay at that level. Then hold for 30 more seconds. Set new resistance level and repeat.
3	Riding the waves	6:34	Visualization	Warm location (they set), riding along the side of the ocean, waves crashing on the shore beside, warm sun on your back, sound of the wind through the poplar or palm trees, rolling hills, 80–105 RPM, wind changes, RPM consistent.
4	When Your Falling	4:33	Visualization	Hill up mountain to ski hill (switch backs), lots of curves (one leg) and then straight-a-ways (both legs), snow on the side of the road building, cool air coming off of the snow, fresh smell of pine trees, steeper and steeper, RPM over 70.
5	Set you free	4:57	Speed Bursts	30 second Speed Bursts - Repeating interval - can you do it again at the same power output or above?
6	Under the Tracks	4:17	Hill repeats	1 min up, 30 seconds down, repeat with same or greater power output.
7	Chocolate	2:58	Hill Standing	Steep - completely fatigued at end - how steep can you go without RPM dropping below 65.
8	Are you ready	4:27	Tabata	Tabata Training 8 x 20 sec @ 90–100% effort with 10 sec rest between.
9	Pump Up the Volume	5:00	Cool down	Feeling the body/physical sensations of the stretch