



LEARN TO BURN!

Presented by Mark Tickner

OVERVIEW

Building stamina is a key foundation for all levels of cyclists and Spinning® enthusiasts. It can be challenging due to the long lasting cadences, movements and efforts. But if done correctly, it will burn more fat calories and help make you leaner, stronger and less susceptible to injuries.

Come learn, and ride (45 minutes), to understand why stamina is my favorite class to teach, and why it can be one of the most beneficial and challenging / hardest to many of your students!

OBJECTIVES

- Answer the question “What is stamina?”
- See why stamina is important
- Learn why more k/cals (calories) are burned in a stamina class than a high intensity class!
- Challenging the “it’s too easy and boring” mentality
- Learn mental and physical “trickery” to keep riders engaged for longer!
- Learning to make stamina rides challenging and tough for riders!
- Experience a fun, specific, challenging stamina ride and train your body to **“learn to burn”** those calories!

SUMMARY

Be inspired by learning how to train your body and mind, to endure, get stronger, burn more fat calories and total calories, by staying aerobic and training effectively to better reach your goals and objectives!

**Please remember to submit a session evaluation.
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