



Balls, Balance and Beyond  
Presented by Terri Arends, B.S., P.E.  
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Friday, May 30, 2008 3:00 PM–4:00 PM.

This is a one-of-a-kind circuit training workout that has it all. It is designed to inspire you to give it your all. Cross training will include ride segments on the bike plus off-the-bike functional drills—that's where the balls, balance and beyond come in. Expect sport drills, plyometrics and core balance challenges. You'll wind up with a new class format for improving functional strength, coordination and muscular endurance.

Master the Basics:

- Bike setup
- Three hand positions
- Recognize student fitness levels
- Safety

Circuit Format (based upon a 75 minute class):

- 10-minute warm-up on bike
- 4 ride stations at 8 minutes
- 2 functional training stations at 8 minutes
- 1 beyond station at 8 minutes (must attend workshop to seek out this activity)
- Cool-down station on bike

Building Blocks to a Safe, Effective and Fun Circuit Class:

- Analyze fitness level of participants
- Organize in advance the circuit flow
- Determine the length of circuit and the number of stations to offer

Class Format:

- 10-minute warm-up
- Station No. 1: Ride endurance pace
- Station No. 2: Ride rocking rolling hills
- Station No. 3: Wall squats or ball squats
- Station No. 4: Ride strength—3 gears to the top
- Station No. 5: Riders' choice—You choose your Energy Zone.™
- Station No. 6: Team partner abdominal drills
- Station No. 7: Beyond—Get ready to step out of your box; walk into your play zone.
- 5-minute cool-down

**Please remember to submit a session evaluation.  
Your feedback is important to us!**