

Lizzy Hoffmann  
M1 - Spinning

(53.91)

# Back 2 basics

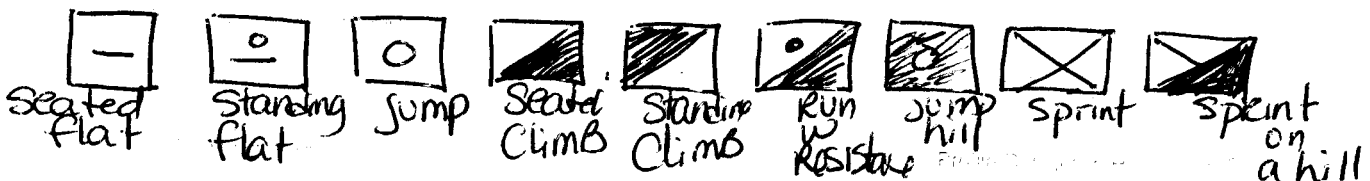
## SPINNING® PROFILE PLANNER

ENERGY ZONE™:

TARGET HEART RATE RANGE:

Song #	Movement Symbol	Song Title	Song Length	%MHR	Intensity Resistance	RPE	RPM	dialogue
1	[-] [o]	leschant desirenes sara	9:27	65-75%	light to mod	6-80 75 110		warm up, focus on breath, intensity pedal stroke, cadence <sup>HR</sup> 😊
2	[o] [o]	luna ganga	6:00	75%	mod	75 80 110		Breath, smooth transitions, finding inner rhythm
3	[-] [x] [x]	Marisi canstoma	6:30	80%	mod to mod heavy	8 60-110		start to simulate a hill. How does it feel?
4	[-] [o] [-]	Dah-Din Beat ges E	8:01	80%	mod to mod heavy	8 80-110		learning how to keep your intensity and cadence in dif terrain
5	[-] [x] [x] [x]	tantrika mayko	9:24	80-85%	mod to heavy	8 60-110		learning more about our intensities, from aerobic to anaerobic
6	[-] [o] [o] [o]	The heart is aloney hunter	6:20	65-80%	mod	6 80-110		Recovery then back to work
7	[-] [x] [x] [-]	thierery coop spanish seaside Auditory sculpture	4:50	80%	mod	8 60-110		hold 80% in dif terrains
8	[-] [o] [-]	organ grinder by auditory sculpture	4:39	80% 75% 65%	mod to light	8 80-110 75 65		start to feel recovery

Energy Zone Guidelines: REZ 50-65%MHR, EEZ 65-75%MHR, SEZ 75-85%MHR, IEZ 65-92% RPE, 10-14  
 Cadence: 80-110 rpm Hills = 60-80 rpm



# Fearless Climb

## SPINNING® PROFILE PLANNER

ENERGY ZONE™: \_\_\_\_\_ TARGET HEART RATE RANGE: \_\_\_\_\_ %

Song #	Movement Symbol(s)	Song Title	Song Length	%MHR	Intensity (resistance)	RPE	RPM	Comments and/or dialogue
1	[-] alt [+] alt	Sexy by illumine	4:12	65% 70%	light	6	80 110	confront your fears + talk about Breath
2	[5] Alt But stay in mostly	Orozco by Tosca	5:12	70% 75%	light Mod	7	80 75 110	Stay mostly in Saddle
3	[+] [x] [x] [x]	Lavatube by Shakatura	6:26	75%	Mod Mod Heavy	7.5	60 80 [x]	Starting your Climb
4	[x] [x] [x] [x] [x] [x]	Behind the veil by Makyo	11:52	80%	Mod Heavy	8	60 80	think about economy Nothing to Fear
5	[-] then [x] [x] [x]	<del>Behind the veil</del> [x] [x] [x]	6:36	75% to 80% 85%	Mod Heavy	7.5 8	80/110 60/80	1 min in complete recovery 75% 1 min to get back to 80% climbing 2 min @ 80% 2 min @ 85%
6	[+] then [x] - long [x] - [x]	Oshun by Isaac	7:32	75% 85%	Mod Heavy	7.5 8 8.5	60 110	All those voices in your head - you need to conquer your mind
7	[+] [x] [-]	Oza by Afterlife	6:03	75%	mod	7.5	80 110	Descending
8	[+] [-]	Lydia by Tim Story	5:58	65%	light to mod	6.5	80 110	find your joy

Created for the Spinning® Program by Sharon Rossman

Energy Zone Guideline: REZ 50-65%MHR, EEZ 65-75%MHR, SEZ 75-85%MHR, IEZ 65-92%MHR, RDEZ 80-92%MHR  
 Cadence Guideline: Flats = 80-110 rpm, Hills = 60-80 rpm

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# Create a relationship pulse / Beat and you Breathe

Profile Designs & Heart Rate Games

## Riding the Breath

Bathe yourself in your own flow

### SPINNING® PROFILE PLANNER

Breathe in your essence

ENERGY ZONE™: \_\_\_\_\_ TARGET HEART RATE RANGE: \_\_\_\_\_

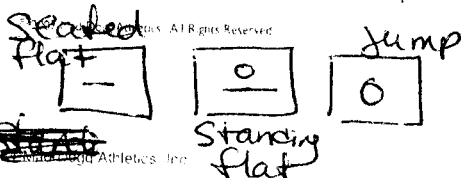
Song #	Movement Symbol(s)	Song Title	Song Length	%MHR	Intensity (resistance)	RPE	RPM	Comments and/or dialogue
1	[ ] [ ]	Dreams @ dusk Kenya Matsuda	5:32	65% 70%	light mod	6.5 7.0	80 110	connect w/ breath w intention
2	[ ] [ ]	The moon the sky by thunderball	5:05	75%	mod	7.5	80 110	Raising intensity Ride your breath feel the intensity change
3	[ ] [ ]	Saracen by Jeff Scott Closer in time	5:03	80%	mod heavy	8	80 110	finding your rhythm not letting yourself go too far.
4	[ ] [ ]	Smoky Quartz by Shakata	6:59	80%	mod heavy	8	80 110	Stay w/ it where's your breath
5	[ ] [ ]	Born 2 b wild by Pitt Dragon	7:59	80%	mod heavy	8	80 110	Starting to put it together keep riding the breath
6	[ ] [ ]	Exilio by Thienery Corporation	5:40	80%	mod heavy	8	80 110	Smooth jumps explore the breath
7	[ ] [ ]	Boogaloo by Ursula	4:33	80%	mod heavy	8	80 110	jump check in
8	[ ] [ ]	Coming down by Rastya	7:47	75% 70%	mod	7.5 7	80 110	notice / be aware of the intensity change How does your breathing respond
9	[ ] [ ]	Visions by Purekane	6:14	65%	light mod	6.5	80 110	Bring in the awareness in the (of breath) recovery

Riding the Breath

Created for the Spinning® Program by Sharon Rossman

Energy Zone Guideline: REZ 50-65%MHR, EEZ 65-75%MHR, SEZ 75-85%MHR, IEZ 65-92%MHR, RDEZ 80-92%MHR

Cadence Guideline: Flats = 80-110 rpm, Hills = 60-80 rpm



54 min

# Intervals (Aerobic and Anaerobic)

## SPINNING® PROFILE PLANNER

CATEGORY:  LOW INTENSITY

TARGET HEART RATE RANGE: \_\_\_\_\_

Song #	Movement Symbol	Song Title	Song Length	%MHR	Intensity (resistance)	RPE	RRM	Comments/Dialogue
1	<input type="checkbox"/>	Come to me by MBMusic	4:28	65%	light mod	6	80/110	Warm up
2	<input type="checkbox"/> <input type="checkbox"/>	Souvenir by Kaledj	5:39	65-	mod	6-7.5	80/110	4 min aerobic interval 30 sec of rec
	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			75%				
3	<input type="checkbox"/>	Bright future by MBMusic	3:53	65-80%	mod heavy	6-8	80/110	3 min at 80% 40 sec Rec 65%
4	<input type="checkbox"/> <input checked="" type="checkbox"/>	Kyoto Drink by MBMusic	4:26	65-	mod mod heavy	6-8	60/110	2 min seated climb 1 min jump on hill 1 min seated climb → 30 sec 65%
	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>			80%				
5	<input type="checkbox"/> <input checked="" type="checkbox"/>	I need your love by MBMusic	5:47	65-	mod mod heavy	6-8	60/110	Hill repeat 2 min hill 30 sec Rec.
	<input type="checkbox"/> <input checked="" type="checkbox"/>			80%				
6	<input type="checkbox"/> <input type="checkbox"/>	Point of no Return by NUSHOOZE	5:01	65/75	mod	6-7.5	80/110	Seated flat 30 sec 65% jump 4 min 50 sec 75%
	<input type="checkbox"/> <input type="checkbox"/>							
7	<input type="checkbox"/> <input checked="" type="checkbox"/>	Passion by Cat Decor	7:21	65/85	mod heavy	6-8.5	60/110	Seated flat start to resistance load - 80% 2 min Race pace <input type="checkbox"/> 85% 2 min <input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>							
8	<input type="checkbox"/> <input checked="" type="checkbox"/>	Culture by Sanny girl	6:08	65/85	mod heavy	6-8.5	60/110	@ 1:05 start climb to 80% 2:30 jump on hill 3:06 Seated climb - 85% stay @ 85% if need to come up to desc. <input checked="" type="checkbox"/> 65% rec 2 min <input type="checkbox"/>
	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>							
9	<input type="checkbox"/> <input type="checkbox"/>	Giesha by MBMusic	3:18	65/75	mod	6-7.5	80/110	Breathe
10	<input type="checkbox"/>	Beautiful world music by MRJ	7:14	65	Light	6.5	80/110	Recover

Aerobic intervals

Anaerobic interval

# Finding your aerobic edge

## SPINNING® PROFILE PLANNER

ENERGY ZONE™: \_\_\_\_\_ TARGET HEART RATE RANGE: \_\_\_\_\_ %

Song #	Movement Symbol(s)	Song Title	Song Length	%MHR	Intensity (resistance)	RPE	RPM	Comments and/or dialogue
1	[ ]	Japanese by illumine	3:53	65%	light	6.5	80/110	Connect with yourself w/ breath set intentions (explore you)
2	[ ] [ ]	TRAVELLING by illumine	5:15	70%	light mod	7	80/110	2min in [ ] 3:15 in [ ]
3	[ ] [ ] [ ]	Magic Carpet by illumine	4:49	75%	mod	7.5	80/110	Alt [ ] [ ] start to jump repeat.
4	[ ] [ ]	Exploration by Karminsky Experience	5:31	80%	mod mod heavy	8	80/110	lets explore edge [ ] with res loading hold 80% also add [ ]
5	[ ] [ ]	Nungbunda by Ganga Girl	6:20	80%	mod-mod heavy	8	60/80	hold on to your edges explore that awesome place
6	[ ] [ ] [ ] [ ]	Opal by Adram Shaikh	8:15	80%	mod mod heavy	8	60/80	Jump on a hill seated climbs at end with seated climbs
7	[ ] [ ] [ ]	Amma by James Sher Sramani	6:26	80%	mod	8	80/110	Start to change terrain, explore
8	[ ] [ ]	Downtown by Pure Kane	4:52	75% 70%	mod	7.5 7	80/110	Start to bring rate down explore
9	[ ]	Feel your Body Float by Anuvida	7:29	65%	mod light	6.5	80/110	Cool down

Created by the Spinning® Program by Nathan Robinson

Energy Zone Guideline: REZ 50-65%MHR, EEZ 65-75%MHR, SEZ 75-85%MHR, IEZ 65-92%MHR, RDEZ 80-92%MHR

Cadence Guideline: Flats = 80-110 rpm, Hills = 60-80 rpm

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# Peace And Power

## SPINNING® PROFILE PLANNER

ENERGY ZONE™:

TARGET HEART RATE RANGE:

%

Song #	Movement Symbol(s)	Song Title	Song Length	%MHR	Intensity (resistance)	RPE	RPM	Comments and/or dialogue
1		Tiamatt by Sexyrubber Sole	10:41	65%	light	6.5	80/110	find your peace there is where your power lies
2		Touching the void by Banco de Gaia	9:08	75%	light mod heavy	7.5	60/110	still exploring our peaceful calm side finding our truth Knowing how strong we really are
3		Forever Changes ZKT	5:34	80%	mod heavy	8	60/80	
4		Iner taly oem Peace Shere Kahn Flytronix	9:38	70- 80%	mod heavy	7 8	60/110	Re-connect for 3 mins or more then start back uphill seated climb / Run w/ rest.
5		Home Baby cheesy by Banco de Gaia	6:37	85/ 80%	Mod Heavy	8.5	60/80	find your power
6		Stay with us hill Rolling Hill Orchestra	6:26	85/ 80%	mod Heavy	8 8.5	60/80	Rolling hills Stay with it!
7		Shillpoint gabriele Roth	6:09	65%	light mod	6.5	80/110	C.D.

Created for the Spinning® Program by Sharon Rossman

Energy Zone Guideline: REZ 50-65%MHR, EEZ 65-75%MHR, SEZ 75-85%MHR, IEZ 65-92%MHR, RDEZ 80-92%MHR

Cadence Guideline: Flats = 80-110 rpm, Hills = 60-80 rpm

Seated Flat

Standing Flat

Jump

Seated Climb

Standing Climb

Run w/ Resistance

Jump on Hill