



# STAGES EDUCATION COURSE DESCRIPTIONS

## Stages ONE

The Stages ONE Instructor Certification is the first in a line of courses designed to elevate the knowledge and understanding of indoor cycling for instructors. Regardless of if we are teaching with or without technology, with a power meter, or to the beat of the music, we all need to start somewhere. The intention of this course is to equip both new and returning indoor cycling leaders with the information and tools they need to instruct safe, fun, and effective classes.

This 8-hour training consists of one ride, several bike activities, and instructor teach-backs at the end of the day. By the end of this course, instructors will have gained critical knowledge in the following areas:

- **The Tool:** The ins and outs of indoor bikes, no matter the brand
- **The Science:** Monitoring intensity (RPE & metabolic pathways), physiological limits on a stationary bike, pedal Stroke, safety, and other essential information.
- **The Art:** Class profiling, communication & cueing, music, and “bring your best” tips and tricks.
- **The Practical Details:** Studio setup, device management, microphone & music, as well as additional resources to ensure success.

## Stages POWER

Created by and for cycling instructors, Stages Cycling University provides instructors with the tools they need to level up their classes and fine-tune their teaching skills. The Stages POWER training delivers comprehensive instruction on the basics of indoor cycling and equips and empowers instructors to teach Power-based classes. Instructors will learn about watts, Functional Threshold Power (FTP), training zones, class design, and so much more! Stages POWER is your *Performance* class solution.

This 8–9-hour training consists of two rides and instructor teach-backs at the end of the day. Instructors will learn about:

- Stages bike features and BikeFit.
- Stages console features and how to build and structure classes around data.
- The relationship between watts, RPM, resistance, time & distance.
- Functional Threshold Power (FTP), the 7 Training Zones, the benefits of each zone, and work:rest ratios.
- How to design and effectively deliver a class using all the above.

## **Stages BEATS**

If you're looking for a way to bring fun and effective rhythm classes to your members, the Stages BEATS Certification is for you! This course teaches instructors how to combine music, the basics of human movement, and exceptional communication skills, with a purposefully designed class to create an unforgettable ride experience. Stages BEATS is your *Rhythm* ride solution.

This 8-hour training consists of two rides and instructor teach-backs at the end of the day. Instructors will learn about:

- Musical History & Science: the breakdown of the beat.
- Emotion & Intensity: the power and effect of music in exercise.
- Stationary bike mechanics, riding techniques, and RPE.
- Music mapping & class design for fun, safe, and beneficial classes.