**THE BIKE, we have 22 bikes in our Group Cycle Studio**

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**What to bring**

Gym Kit / trainers / water bottle / towel / make sure you’re hydrated before you start.

If you are planning on doing a few sessions then investing in some padded cycling shorts, (bib shorts are even better) and a lightweight vest will go a long way to improving your experience.

Be on time, our Virtual sessions are scheduled to start automatically at the advertised time so get to your session a few minutes early so you can choose your bike, set it up and be prepared for the start, all the workouts include a warm up.

**Extra’s**

Track & monitor how hard you’re working with a Bluetooth enable heart rate chest strap.

Clip in and pedal, all our bikes have double side pedals, one side has Shimano SPD clip system compatible with most off road cycling shoes.

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**Group Cycle™ Connect:**
With cloud connected self-powered Console, 5” LCD backlit display, featuring Wi-Fi, QR code and NFC technologies for workout tracking.

**Group Cycle™ Ride:**
With convenient and hygienic accessory holder, featuring QR code and NFC technologies integrated in the placard for workout tracking.

Group Cycle™ Connect and Ride are available in two colour combinations, with yellow frame and black guards or light grey frame and black guards.
HOW THE VIDEOS WORK

TYPES OF SCREENS IN A SUFFERFEST VIDEO

Sufferfest videos feature a few different kinds of screens. Each screen type has a different purpose.

INTRODUCTION
A preamble before the workout really starts, introducing the story, workout, on-screen indicators and anything else riders need to know.

INSTRUCTION/STORY
Tape that provide more detailed instructions, comments on the story, encouragement (or sarcasm) for the rider.

SECTION BEGIN (RED BAR)
Indicates that a new section, such as an interval or recovery, has begun or a significant effort change is necessary.

JUST RIDING
No information on screen other than the standard indicators. Riders simply continue what they’ve been doing.
TYPE OF INFORMATION DISPLAYED

Sufferfest videos use a variety of dials, timers and text blocks to communicate what is happening in the video and what is to come. Not all videos have all these indicators, so it's best to view the video before using it for the first time.

EFFORT CHANGE COUNTDOWN

Shows how many seconds are left before riders will have to change their effort.

CADENCE

Recommended revolutions per minute for this section of the workout.

EFFORT CHANGE TYPE

Indicates whether the next effort change will be harder (up/green) or easier (down/red).

SURGE INDICATOR

Featured in a few videos, this tells the riders they need to increase cadence by 10rpm for 5 seconds.

RPE LEVEL

How hard riders should be working based on the recommended perceived exertion (RPE) in our Sufferscale.

TIME LEFT IN SECTION

Indicates how much time is left in that section of the workout (e.g., time left in a 3 minute interval).

COMING UP

Appearing roughly 6 seconds before the next section of the workout, gives riders an idea of what to expect next.

COMING UP!

RECOVERY (1:00)

HAMMER 9: VO2 (3:00)
EXPLAINING THE SUFFERSCALE

Here in Sufferlandria, we believe that “Everybody Hurts.” By this we mean, suffering is relative; whether you’re a new gym member trying out a cycling class for the first time or a hard-core, experienced outdoor cyclist, you have the ability to Suffer on your own personal scale of exertion from 1 to 10. The Sufferfest is not about competing with other people in the room; it’s about doing YOUR workout based on your fitness, strength, experience, etc. That’s why we use the Suffercycle based on perceived exertion.

KNOW YOUR SUFFER SCALE

10 — Flat out sprint. EVERYTHING you have!
09 — Brutal effort you could hold for 1 minute at most.
08 — Very painful. No talking. Too busy breathing.
07 — Powerful and very uncomfortable effort.
06 — Steady effort. Not comfortable but not painful.
05 — Hey, you could do this all day!
04 — Extremely easy recovery.
02 —
01 — Couch, beer, pizza.
EXPLAINING THE SUFFERSCALE

The Sufferscale sets the foundation for how hard your riders should be working on a scale of 1 to 10, based on RPE (recommended perceived exertion). It's very important your riders understand how the Sufferscale scale works, so ensure that they're very clear about the importance of paying attention to their RPE throughout the class. They'll have an opportunity during the warm-up to get a feel for the various levels (threshold, recovery, etc).

Sufferfest workouts are all about the PEAKS, so when we ask you to ride above threshold, it should feel like anything from extremely uncomfortable to pure agony, depending on whether it's an 8, 9 or 10 out of 10 effort.

To continually hit these peaks, you’re going to need to make the most of the rest periods – which is why sometimes you’ll find that our rest intervals are longer than you might experience in a non-Sufferlandrian class. This is how Sports Scientists train professional cyclists – it’s all about QUALITY and, of course, Suffering!