



FAST FACTS & ENERGY LEVEL GUIDE



PERSONAL TRAINER.

For a 1 to 1 personal trainer in a studio workout, choose:

MYRIDE

WORLD DESTINATIONS.

To ride world destinations with an audio trainer, choose:

MYSPORTIF

NO COACHING OPTION.

To ride world destinations without an audio trainer choose:

MYSCAPE

QUICK START.

“Quick Start” will give you a random 40-minute “Cardio” workout.

TAKES 10 SECS

CHOOSE A CHALLENGE.

Choosing a “Challenge” is a fast way to personalise your workout.

TAKES 30 SECS

ADVANCED WORKOUTS.

“Build your own workout” provides an advanced fully customised workout.

TAKES 3 MINS

COACHING TUTORIAL.

To see a full coaching tutorial please select “Learn The Moves”.

TAKES 5 MINS

YOUR ENERGY LEVELS.

Have a great workout. See below the coached energy levels.

RPE ▼

UP TO 60%

60-80%

80-100%

EASY

1.RPE

Legs turning; very easy.

2.RPE

Very light effort in legs.

3.RPE

Breathing increased; legs working comfortably.

4.RPE

Overall feeling warm; breathing noticeable; legs ‘working’.

5.RPE

Breathing effort increased, light sweat but comfortable.

MEDIUM

6.RPE

Effort felt in legs; conversation manageable.

7.RPE

Breathing and feeling in legs feel hard.

8.RPE

Legs aching, talking is not easy or controlled.

HARD

9.RPE

Legs are burning and breathing is very heavy.

10.RPE

Maximum! Riding effort is possible for a short period only.