

Get on the bike and head for the hills. And the canyons. And the desert plains. Cycle through high-definition virtual landscapes around the world. Have more fun and burn more calories than ever before. If your Myride®+ class were any more realistic, you'd be checking the traffic.

MYRIDE®+ BENEFITS.

Of course, Myride®+ offers all the cardiovascular and conditioning results you'd expect from a top-notch, indoor-cycling program: a stronger and healthier heart, improved blood flow and oxygen transport, leg and core strength, body tone, a faster metabolism, increased energy.

But what's unique about Myride®+ are the enhanced sensation of forward motion and speed, the experience of riding a real bike, the eye-catching videography of stunning world locations, the involvement of your senses that takes you far beyond guided imagery. With these visual enhancements, you'll work harder as you actually sense the road or trail moving under and past you.

DATE

TIME

DETAILS

CLUB



**RIDE.
EVERYWHERE.
ANYTIME.**



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WILD CALIFORNIA, USA

WHAT'S STOPPING YOU?

Not lack of motivation. A virtual coach will coax you and push you to your max – whatever your max is going to be that day.

Not lack of time. The Myride®+ virtual timetable has 20-, 40- and 60-minute options.

Not lack of live instruction. Myride®+ Live Instructor workouts are beyond anything you've experienced before.

With Myride®+, nothing stops your ride. So What's Stopping You?

VIRTUAL CLASSES.

If your club runs Virtual coaching, your group cycling schedule just went 24/7. Myride®+ offers Virtual classes by Team ICG® Master Trainers from around the world. Take a MYRIDE class with your Virtual coach on screen. Or jump into a MYSPORTIF class and ride with an audio coach to jaw-dropping scenery. Your Virtual schedule features Fat Burn, Cardio, Sports or Interval classes in 20-, 40- and 60-minute options.

LIVE INSTRUCTOR CLASSES.

Myride®+ allows your favorite instructors to take you on a ride like never before, synced with pulse-pounding music. Follow your instructor across the world's most breathtaking and challenging roads. Forests. Mountains. Even volcanoes. It's "Die Hard" action, but YOU create the action – and burn hundreds of calories in the process. Class type and duration will vary depending on your club.

GETTING STARTED.

Start today. People of all backgrounds and fitness levels can participate in Myride®+ classes. Become fitter, live stronger and ride your bike in parts of the world you may never get to see.

Pull on some comfortable clothes and sneakers, fill up your water bottle and grab your towel. That's you, all set to go. No passport, no airport security.



Disclaimer.
Myride®+ has been reported on very rare occasions to cause motion sickness. This is a result of "immersion" and is linked to bike location in relation to, and the size of, the viewing screen. If you feel any loss of balance or nausea, please stop exercising and inform your instructor.

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NORTHERN ITALY, ITA

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