

FAQs ABOUT CYCLE FIT

What are the benefits of Cycle Fit?

- Burns 500+ Calories per Class
- Tone Muscles
- Loses Inches & Shapes the Body
- Increases Your Metabolism
- Decreases Body Fat
- Relieves Stress
- Year Round Activity
- Increases Energy
- Improves Overall Strength
- Increases Cardio Endurance
- Easy to Do
- Fun

What fitness level or condition should I be in to participate in a class?

You do not have to be “fit” to do Cycle Fit. It is great for anyone and allows you to work at your own intensity by controlling your own workout with the manual resistance knob on the bike. Cycle Fit classes are a great form of non-impact cardiovascular activity, which does not place a high amount of stress on the joints.

How long will it take for me to see results?

In approximately 4 weeks you will start to notice an increase in your cardio endurance, energy level, increased strength in your lower body and changes in your body shape and/or weight. The amount of body weight or fat lost depends on the number of times that you exercise per week and the dietary choices you make. Be patient – results will occur.

How often should I do Cycle Fit?

Since pre-registration is required and the classes run for 10 weeks, start by attending one class per week if this is absolutely new to you. If you're an indoor cycling veteran, have fun and participate in 2 or 3 classes per week, on alternating days, of course.

You are able to participate at your own pace and are always in charge of your ride and how hard you work. Cycle Fit is a form of non-impact cardiovascular exercise and minimizes the wear and tear on the joints, which enables you to participate frequently. You will also maximize results by combining a minimum of 2 days per week to focus on resistance training.

How is Cycle Fit different from riding a regular stationary bicycle or a road/mountain bicycle?

Our indoor cycling bikes have a flywheel and a fixed gear. You will not have the luxury of coasting downhill or being on a flat course, since the flywheel continues to move and will not stop unless the brake is applied. This feature provides a very smooth and continuous ride where you may find it hard to ride a regular stationary bike again after experiencing the fly wheel.

The most commonly asked question asked by women is: "Will it give me big legs?"

Absolutely not. The "big" legs we see in professional cyclists come from climbing mountains for hours on end and genetics. In a Cycle Fit workout we climb for minutes. Cycling will tone and shape the leg muscles, but will not build them into those of a weightlifter. The primary benefit of cycling when it comes to thighs is toning and shaping. While these occur simultaneously, the shaping part is seen later. This is because there is a layer of fat that must be reduced before the definition of the thighs can be seen. Nutrition is another key ingredient, which goes hand-in-hand with fitness.

How do I prevent saddle soreness?

Some participants may experience "saddle soreness" during the first few classes. This is normal until you adjust to the seats of our bikes. You may wish to consider purchasing padded shorts with a "shammy" or gel seat cover.

Preventive Tips:

- Sit on your bike with your hands on the handlebars and tilt your hips backwards until your weight rests on your "sit bones" at the base of your buttocks. This will relieve the pressure in the genital area.
- Another key to comfort is moving around regularly to shift the pressure (this goes for your hands and feet too).
- Standing occasionally such as when you're in the climbing mode, will alleviate the pressure of your butt and get a whole new set of muscles working too.

Faculty of Physical Education and Health, University of Toronto
55 Harbord Street
Toronto, Ontario, M5S 2W6
www.utoronto.ca/physical

For more information, please contact:
Ranka van Voorst
Assistant Program Manager - Fitness, Movement & Personal Training
(416) 946-3500 or ranka.vanvoorst@utoronto.ca