

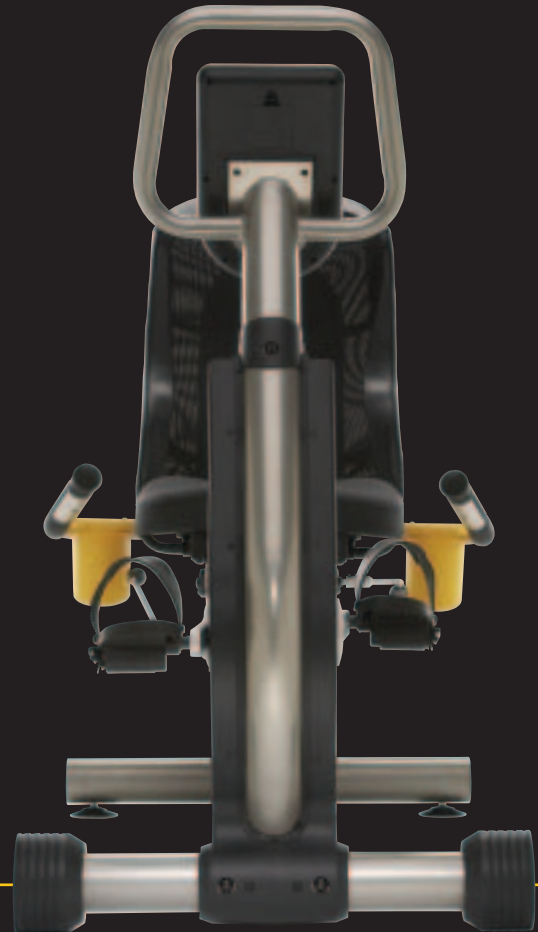
# Greg LeMond Training Guides



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# Greg LeMond Training Guides



## It takes a legendary bike racer to make a great exercise bike

*Before designing the g-force RT, I trained on a lot of exercise bikes. However, every time I used one, I was very disappointed. These exercise bikes had nothing to do with cycling at all. Hard to pedal and uncomfortable to use, riding them was like pedaling a 300 lb gorilla. I knew we could do better.*

*You see, the reason most exercise bikes miss the mark relates to the fundamental principles of cycling. Simply put, the relationship of your hip to your knee to the pedal determines how effective your pedal stroke is - and how comfortable you are. These principles also apply to the position of your body when you pedal. Just like cycling on the road, you do not want to be locked into one seat position. Using different seat positions also helps relieve muscle fatigue when you cycle with more resistance.*

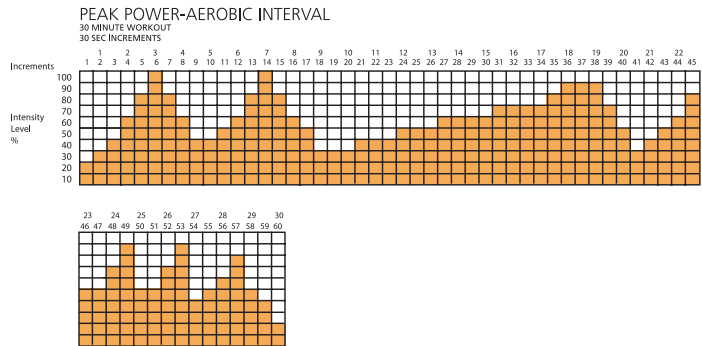
*These critical elements of effective cycling are the driving force to the design of the g-force RT. Working with the talented team at IDEO, America's leading design firm, we started with the principles behind exceptional cycling performance and added important human factors like comfort, quietness, ease of use, size, and visual appeal. The result is the most extraordinary exercise bike I have ever ridden.*

*Just wait until you try it. The g-force RT not only delivers an outstanding workout, it also offers you something unique in the exercise bike world. Using the g-force RT actually feels like you are riding a great bike. I wouldn't settle for anything else - especially for my customers.*



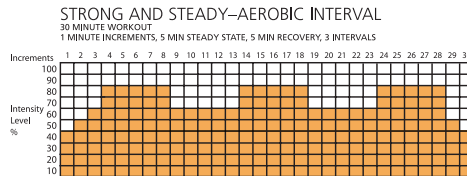
### PEAK POWER

In this program you will complete an 'aerobic pyramid'. Starting at a low intensity, you will gradually climb to a moderate intensity level and then gradually work your way back down. This is a great program to alternate with STRONG AND STEADY to enhance burning calories and improve aerobic capacity.



### STRONG AND STEADY

This workout focuses on building aerobic capacity. Combining moderate intensity efforts with low intensity recovery segments, aerobic fitness development and sustained calorie burning are the main objectives. Just a couple of STRONG AND STEADY workouts a week will have you looking leaner and breathing easier in no time.

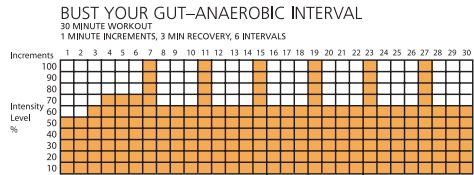
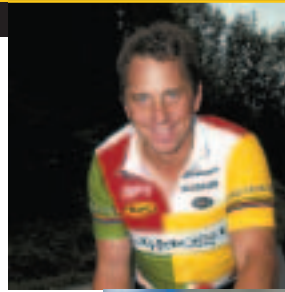




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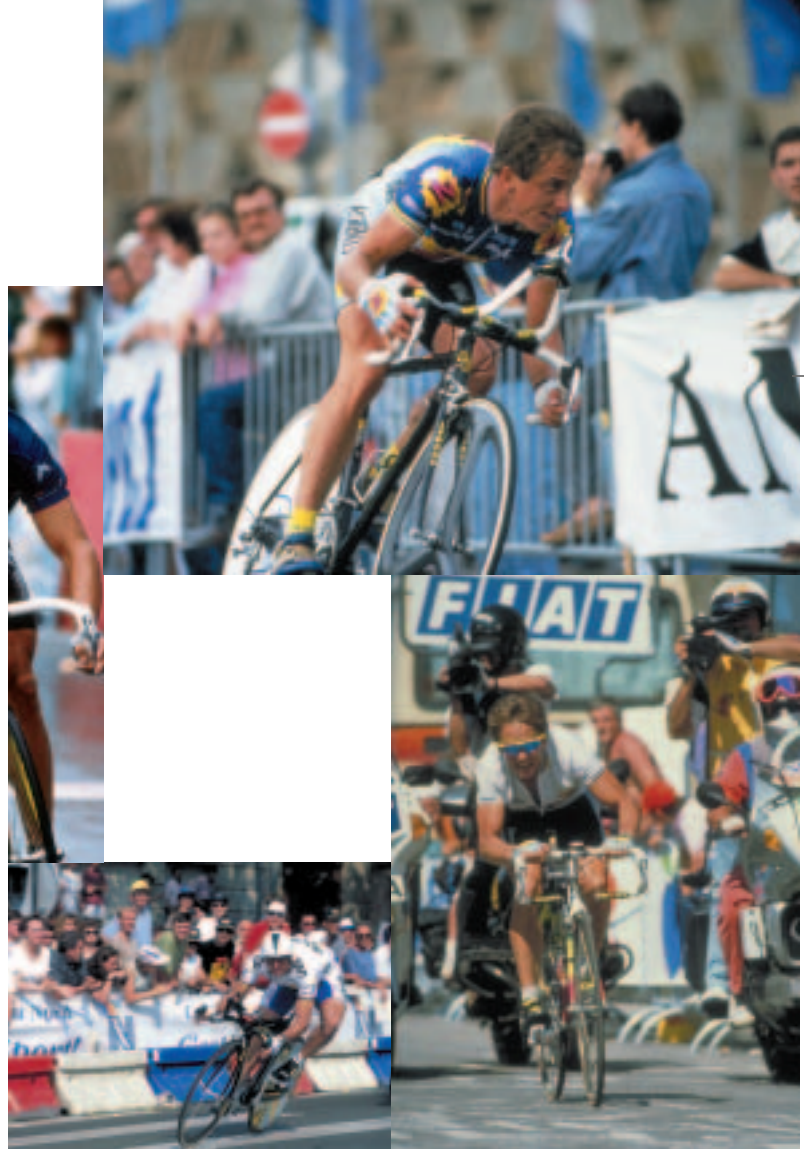
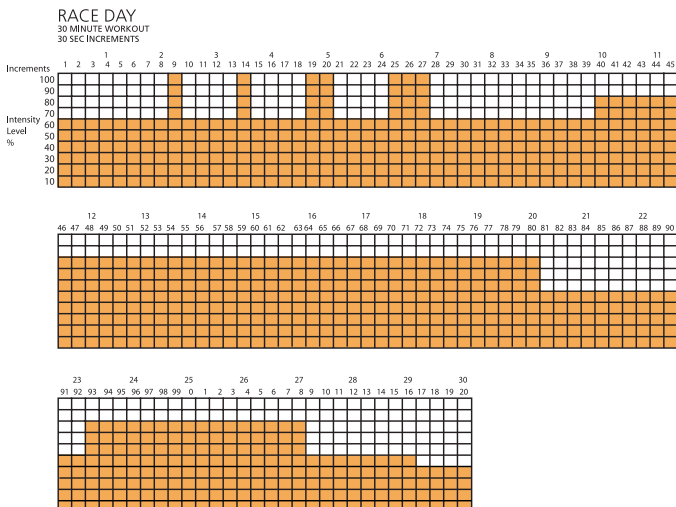
## BUST YOUR GUT

This workout tests all aspects of your fitness. Sixty second high intensity efforts are followed by three minute recovery periods of moderate intensity. Those three minutes might feel pretty short by the end of this 30 minute workout. This program will do wonders for your overall fitness level - improving your strength, power, endurance, and, of course, your waistline.



## RACE DAY

A great workout for 'active recovery' rest days or as a warm up for races, ball games or a hard weightlifting session. With several bursts of hard efforts in the beginning, and finishing with an extended tempo segment, you'll be ready for your next power workout.



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## LEMOND FITNESS EXCLUSIVE

The g-force RT is the only bike in the industry with 5 adjustable seat positions



*Being stuck with one seat position is not only very tiring when you are riding an exercise bike, it also limits the effectiveness of your workout.*

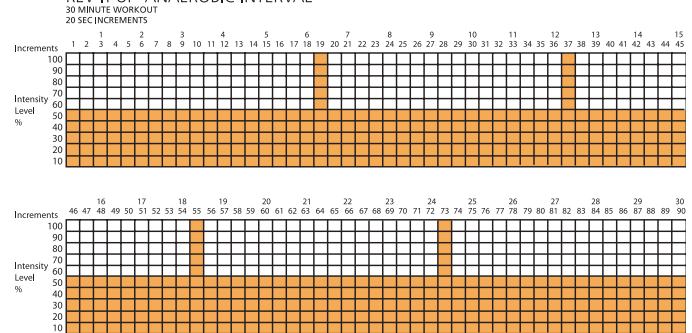
*That's why the g-force RT gives you 5 different seat angles to choose from. Changing your seat angle allows you to work out different muscles and can also help relieve knee stress and back pain. Picking a different seat position also reduces the potential boredom of doing the same thing every time you exercise and makes your workout fun.*



## REV-IT-UP

The REV-IT-UP program is designed to increase your maximum power output. Low intensity, recovery segments are punctuated by short, but extremely high, intensity speed (or anaerobic) intervals. Designed to increase your maximum pedaling velocity, this workout will give you speed and power to spare!

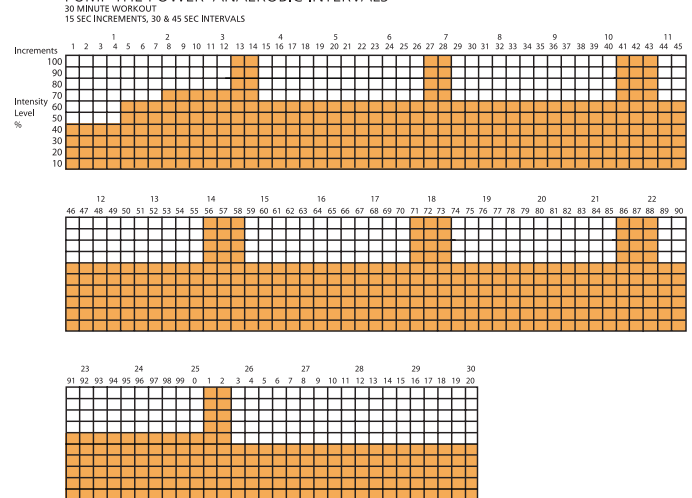
### REV-IT-UP-ANAEROBIC INTERVAL



## PUMP THE POWER

This challenging workout is designed to develop greater strength and endurance. Higher intensity anaerobic efforts of varied duration are followed by moderate intensity recovery segments. A sure winner for those who want to maximize their workout and see results fast.

### PUMP THE POWER-ANAEROBIC INTERVALS



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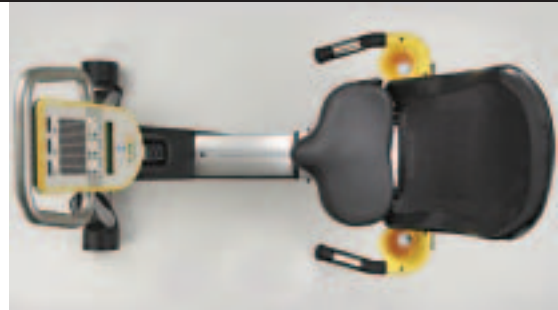


## Exclusive LeMond 30 Minute Training Programs



### SETTING UP THE PROGRAMS

- First select LEMOND TRAINING at the SELECT WORKOUT prompt.
- After pressing ENTER you will be prompted to SELECT PROGRAM. Using the + or - keys, scroll through the six different programs - select your program by pressing ENTER.
- Once a program has been entered the MESSAGE DISPLAY will guide you through set up of the chosen program
- If no program is chosen at the SELECT PROGRAM prompt, you will be started on the REV IT UP program.



### TRY THESE SAMPLE WORKOUT PROGRAMS

#### To improve the quads or relieve knee pain

**Seat Position #1** (67 degrees – Upright)

**Seat Position #2** (62 degrees - slightly angled)

**Muscles Emphasized:** Quadriceps and Gastrocnemius

**User Benefits:** Provide a greater training stimulus to the quadriceps, may help relieve patellofemoral knee pain syndrome.

**Recommended LeMond Workout:** *Fat Burner or Strong and Steady*

#### To reduce back stress with a balanced muscle workout

**Seat Position #3** (57 degrees – more angled)

**Muscles Emphasized:** balanced involvement of Quadriceps, Hamstrings, Gluteals, and Gastrocnemius

**User Benefits:** Yields the most balanced activation of the knee and hip extensor muscles without placing significant stress on the back during cycling

**Recommended LeMond Workout:** *Rev-it-Up or Bust Your Gut*

#### To workout for peak power and performance

**Seat Position #4** (52 degrees – Reclined)

**Seat Position #5** (48 degrees – Reclined)

**Muscles Emphasized:** Gluteals and Hamstrings

**User Benefits:** By encouraging greater involvement of the hip extensor muscles, these positions increase the user's ability to generate maximum power.

**Recommended LeMond Workout:** *Hill or Pump the Power*



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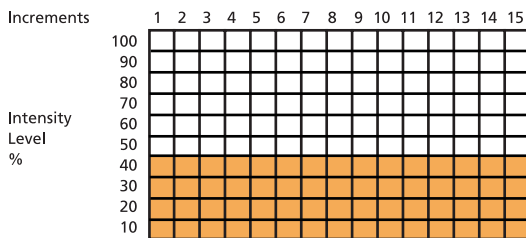


## Fast And Effective 30 Minute Workouts

### MANUAL

The simplest program in the g-force RT, the MANUAL program, provides a workout with a constant resistance and a time limit that you specify. At any time during the workout you can increase or decrease the resistance using the + or - keys. We recommend that you use this program to become familiar with the bike and the resistance functions.

#### MANUAL PROGRAM

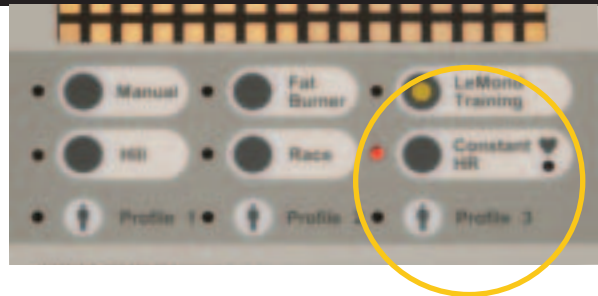
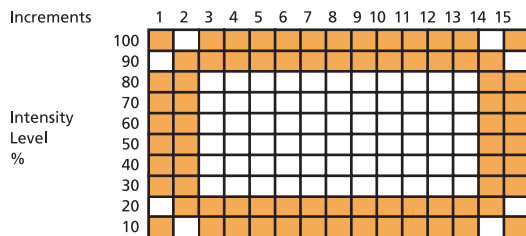


### RACE

Test your fitness against Greg's! The RACE program is a simulated competition between yourself and Greg LeMond. In the PROFILE DISPLAY a circle of lights represents your progress throughout the race. The inside circle of lights represents Greg and the outside circle of lights represents you. The flashing LED represents the 'racer'. See if you can overtake Greg during your workout and win the race.

#### RACE PROGRAM

INNER CIRCLE - COMPUTER  
OUTER CIRCLE - USER



### CONSTANT HEART RATE TRAINING

#### No chest strap required

Built into the handlebars for easy access, the g-force RT displays your heart rate as you workout with the touch of your fingertips to the handlebar sensors. Plus, unlike most other exercise bikes, you do not need to wear a chest strap to get a heart rate reading.

The console automatically generates a target heart rate based on the age you enter that is 70% of your theoretical maximum heart rate. However, it is easy to increase or decrease your target heart rate by using the + or - keys.

#### A great target heart rate workout

The CONSTANT HR workout helps you maintain a chosen target heart rate by automatically changing the level intensity as you cycle. This is an excellent way to exercise smarter - not harder. Heart rate training can help you lose weight, increase your metabolism and help you avoid overtraining.

### A GREATER RANGE OF RESISTANCE (WATTS)

The g-force RT has a greater range of resistance - or watts - than other exercise bikes. Simply put, at an intensity of one, the g-force RT has a lower starting point of resistance and at the highest point of 20, there is more resistance than you will find with other bikes.

This feature offers users significant benefits. Older individuals or those using the g-force RT for rehabilitation will appreciate the lower level while at the high end, individuals in training for races or other challenging aerobic activities can do short intervals of intense resistance training followed by periods of recovery.

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## Guidelines For A Successful Training Program



### SETTING UP THE PROGRAMS

#### ■ WARM UP

Pedal slowly and at a low resistance at first, gradually increasing your pedal speed until you feel the muscles in your legs begin to relax. Slowly increase your heart rate to about 110-120 beats per minute. Once you have warmed up sufficiently, begin your workout.

#### ■ FREQUENCY

The number of times per week that you engage in aerobic exercise depends on what your goals are and your current fitness level. Work towards a goal of including exercise at least 3 to 5 days per week.

#### ■ INTENSITY

To achieve the greatest cardiovascular benefit, and to see the most improvement in weight loss and tone, you must raise your heart rate into your target zone. Your target zone is generally between 55 to 85% of your maximum heart rate. The CONSTANT HR program is programmed to help you exercise in the middle of this zone by maintaining your heart rate at 70% of your maximum heart rate.



#### ■ DURATION

A 30 minute workout with 10 minutes warm-up and 10 minutes cool-down, five days a week, will result in noticeable improvement in physical conditioning.

#### ■ COOL-DOWN

Over 5 to 10 minutes, gradually lower your heart rate to below 110 beats per minute by slowly decreasing your exercise intensity. This allows your muscles to begin the process of recovery which will make your next workout easier.

### CREATING A CUSTOM USER PROFILE

#### *Enter Your Personal Data*

Weight

Age

Target Heart Rate

Store Your Personal Profile