

# ridewiser

everybody wants to...



## Ridewiser Ergo Training



## General Information for new riders

## What will Ridewiser Ergo do for me?

Every 1hr 15min session creates a naturally graduated, technically advanced, higher fitness return than any other type of cycling workout (indoor or outdoor). You only need to pedal at 75% effort to create:-

- **Improved power & higher lactic-acid tolerance**
- **More efficient pedal-stroke technique**
- **Smoother cadences at all levels of output!**



## Get a lot faster, in less time.

All of the Ridewiser Ergo programs scheduled will build sustained cycling power and 'lactic-acid tolerance' by activating *more cycling muscles* using Ridewiser's fixed-wheel wind-resistance training.

### 1 Session

Doing your 1<sup>st</sup> Ridewiser Ergo session is like switching on lots of extra cycling muscles

### 2 - 5 Sessions

Doing 2, 3 or 4 sessions will create a noticeable change in short burst power and fitness

### 6+ Sessions

Completing 6 or more sessions in sequence will significantly change the way you ride

## Ask Us About **Specific Training** for Competition or Challenge Event Goals

Your specific training needs can be met within any of the sessions by riding with a particularly focused effort level over a series of weeks to suit the required performance outcome.

For example, whether you are coming in as a 'beginner' cyclist, or needing a strength-training block to prep for a challenge, or wanting to get more short burst power fitness as a racing goal, there's different approaches to suit the rider in their weekly session in order to reach the goal >

- **Endurance fitness? ->**
- **Strength fitness? ->**
- **Speed fitness? ->**
- **Power fitness? ->**
- **Competition fitness ->**

**DISTANCE VOLUME SESSION FOCUS**  
**MINIMUM BASELINE SESSION FOCUS**  
**HIGHER CADENCE SESSION FOCUS**  
**THRESHOLD INTERVALS SESSION FOCUS**  
**FINAL SCORE SESSION FOCUS**

## Ways to Buy Ridewiser Ergo Sessions

Various types of bookings are available to suit all types of riding lifestyles >

### **Ridewiser Casual Ergo Session**

Single session Seat Credit booked on a vacancy  
\$37 per session (valid 6 months)

### **Ridewiser Ergo Series**

Series of 10 weekly sessions in sequence  
\$33 per session (first option to renew each period)

### **Ridewiser Ergo SEAT CREDITS x 5**

Block of casual seats with flexible bookings  
\$35 per session (valid 4 months)

### **Ridewiser Ergo SEAT CREDITS x 10**

Block of casual seats with flexible bookings  
\$35 per session (valid 6 months)

### **Ridewiser Ergo Bulk-Ticketing (paid by monthly instalments)**

<b>Bulk Booking</b>	<b>Sessions</b>	<b>Total Payable</b>	<b>Cost per session</b>	<b>Valid for</b>
Annual Ticket to Ride - ATR1 *	1 per week	\$1392	\$29	12 months
Annual Ticket to Ride - ATR2 *	2 per week	\$2688	\$28	12 months
Half Year Ticket to Ride - HYR1 *	1 per week	\$744	\$32	6 months
Half Year Ticket to Ride - HYR2 *	2 per week	\$1440	\$31	6 months

\* Time-slot booking conditions apply



### **IMPORTANT NOTES**

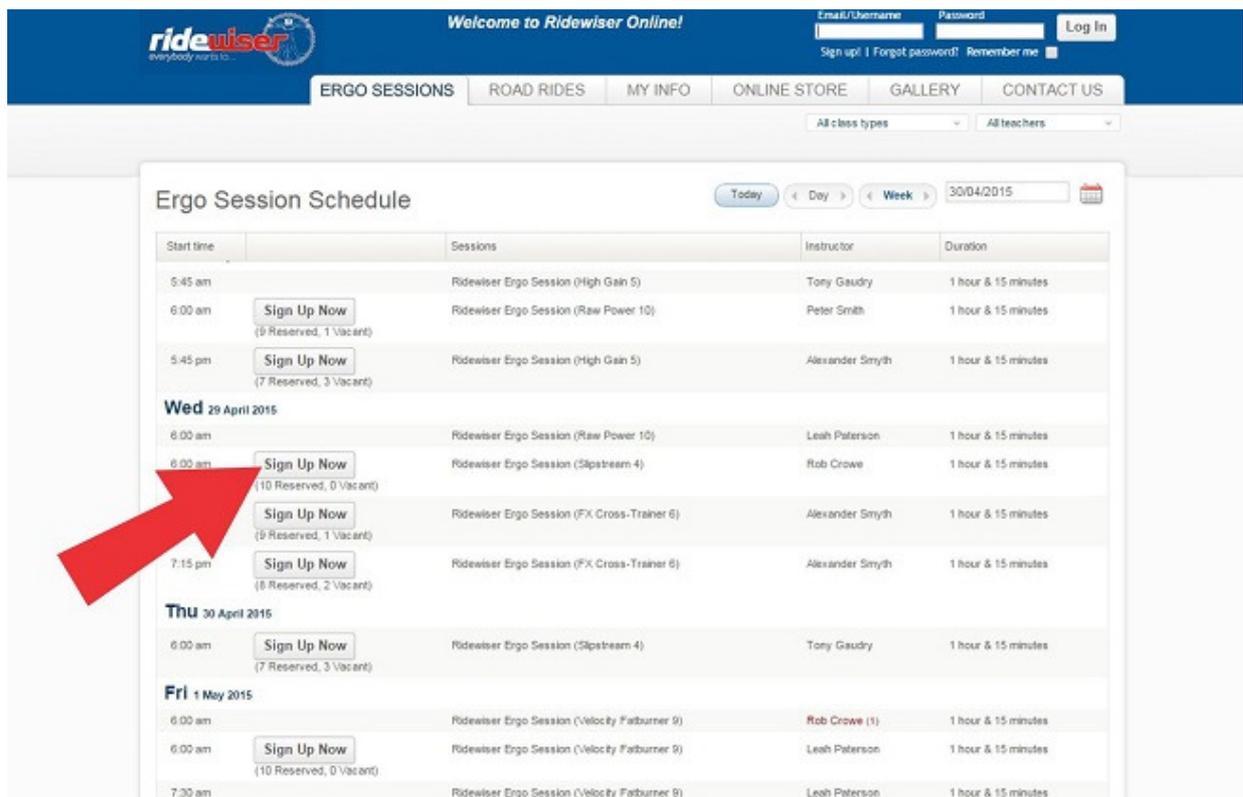
- \* Pricing is subject to change at any time without notice and should be checked before purchasing.
- \* Assigned instructors may change at any time subject to availability.

## **How Do I Book or Cancel My Ridewiser Ergo Sessions?**

It's easy!

Book or cancel online for any of Ridewiser's cycling services or contact us by phone/email to discuss!

1. Visit [www.ridewiser.com.au](http://www.ridewiser.com.au)
2. Click the **Big Red 'RIDE' button**
3. Find an ERGO SESSION time-slot that suits you
4. Click on '**Sign Up Now**' for seat vacancies or book recurring dates to buy a series
5. Login as requested now, or follow prompts to register your own Ridewiser account and confirm!
6. Contact us about any booking questions on **0422 297 805** or [admin@ridewiser.com.au](mailto:admin@ridewiser.com.au)



Welcome to Ridewiser Online!

ERGO SESSIONS ROAD RIDES MY INFO ONLINE STORE GALLERY CONTACT US

Ergo Session Schedule

Start time	Sessions	Instructor	Duration
5:45 am	Ridewiser Ergo Session (High Gain 5)	Tony Gaudry	1 hour & 15 minutes
6:00 am	<b>Sign Up Now</b> (9 Reserved, 1 Vacant)	Ridewiser Ergo Session (Raw Power 10)	Peter Smith
5:45 pm	<b>Sign Up Now</b> (7 Reserved, 3 Vacant)	Ridewiser Ergo Session (High Gain 5)	Alexander Smyth
<b>Wed 29 April 2015</b>			
6:00 am	Ridewiser Ergo Session (Raw Power 10)	Leah Paterson	1 hour & 15 minutes
6:00 am	<b>Sign Up Now</b> (10 Reserved, 0 Vacant)	Ridewiser Ergo Session (Slipstream 4)	Rob Crowe
	<b>Sign Up Now</b> (9 Reserved, 1 Vacant)	Ridewiser Ergo Session (FX Cross-Trainer 6)	Alexander Smyth
7:15 pm	<b>Sign Up Now</b> (8 Reserved, 2 Vacant)	Ridewiser Ergo Session (FX Cross-Trainer 6)	Alexander Smyth
<b>Thu 30 April 2015</b>			
6:00 am	<b>Sign Up Now</b> (7 Reserved, 3 Vacant)	Ridewiser Ergo Session (Slipstream 4)	Tony Gaudry
<b>Fri 1 May 2015</b>			
6:00 am	Ridewiser Ergo Session (Velocity Fatburner 9)	Rob Crowe (1)	1 hour & 15 minutes
6:00 am	<b>Sign Up Now</b> (10 Reserved, 0 Vacant)	Ridewiser Ergo Session (Velocity Fatburner 9)	Leah Paterson
7:30 am	Ridewiser Ergo Session (Velocity Fatburner 9)	Leah Paterson	1 hour & 15 minutes

### **Ridewiser Ergo: Make-Up Session Policy\***

Ridewiser Ergo sessions will not offer refunds on seat bookings, but do make it possible for riders to retrieve cancelled sessions by booking Make-Ups on other seat vacancies.

**\*Early cancellation 3hrs before a session qualifies the rider to a Make-Up on another vacant seat**

\*Make-Up Sessions may not be credited toward future purchases

\*Re-book your Make-Up Sessions via the '**ERGO SESSIONS**' page online or cancel your booking >

### **Cancel out of Sessions:-**

SMART PHONE > Quick-cancel/re-book via Ridewiser on the [Mindbody Connect App](#)

WEBSITE > Login at [www.ridewiser.com.au](http://www.ridewiser.com.au) on MY INFO page, select My Schedule, click 'cancel'

CALL > **0422 297 805** or email [admin@ridewiser.com.au](mailto:admin@ridewiser.com.au) (subject to receipt of information)

## **Weekly riding to compliment your Ridewiser Ergo booking >**

Ridewiser Ergo sessions should be considered a *high intensity cycling workout* compared to your other cycling in the week, so a balance of lower intensity weekly road-riding mileage is recommended for best cycling fitness returns. Ask us about the *ideal* session times to suit your timetable, or book in for a Ridewiser consultation with Rob Crowe for more detailed info or training plans to optimise your routine.

## **What to Bring to Ridewiser Ergo Sessions**

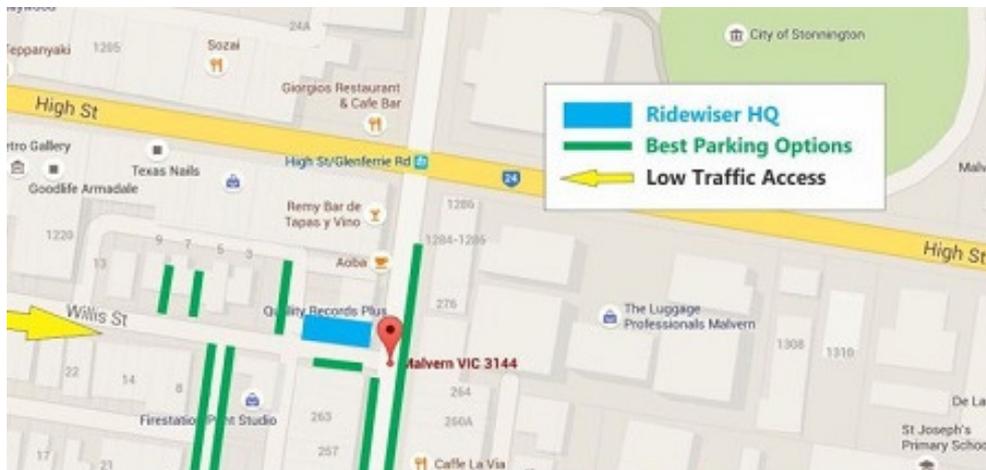
1. No big meals 1-2hrs before the session
2. Light cycling clothes – knicks, jersey/t-shirt/tank top
3. Hang your bike on a wall-hook inside the venue
4. Hand-towel & Drink bottle – hydrate before & after the session too!
5. Dry clothes to wear afterwards
6. A confirmed seat booking!
7. Your cycling shoes with SHIMANO road-type cleats ...



**IMPORTANT NOTE:** riders arrange their own SHIMANO-compatible shoes or may be able to borrow spare pairs of shoes if available at sessions. Please ask us if unsure about your cleat-type.

## **Where to find us?**

Ridewiser HQ 269 Glenferrie Rd, Malvern VIC 3144 1<sup>st</sup> Floor, enter via Willis Street



**ridewiser**  
everybody wants to...



## Fixed-wheel Ergo Machine

*What's makes Ridewiser Ergo cycling so good?*

Ergo training is actually better than my road training! *Ben Welsh, Triathlete, Frontier Mktg Company, St Kilda*

### What's it like to ride the Ridewiser Ergo Machine?

- *a fixed-wheel track bike*
- *it flows just like a real bike on the road*
- *there is nothing else like this...*
- *the ergo simulates a real road cycling feeling!*
- *constant force, it gets harder as I get stronger*

#### **Development**

As you get fitter, you get faster and stronger - and the ergo matches you and gets harder too. Ultimately providing the rider with a perfect training partner, the real experience of working in the wind is simulated perfectly but without the interferences of weather, traffic and stopping. The Ridewiser Ergo develops fitness at all cadences needed for full riding strength because there's no gearing to change!

#### **Pedaling-stroke Efficiency**

With fixed-wheel riding, the fundamental brain-to-body neuromuscular connections are always improved – the pathways that form how efficiently you pedal a bike! In simple words, the benefit of using a fixed-wheel cycling workout is extremely difficult to replicate in any other way. This is actually nothing new, it's just that the old tradition of using fixed-wheel cycling training has been dropped over the recent decades by modern cycling culture over-utilising the luxury of fancy geared bicycles.

#### **Simulation of cycling**

A very real, cadence-focused, physical and neuro-muscular cycling training experience is properly achieved using a *Ridewiser Ergo Machine* – unlike most other indoor riding devices. Through a carefully designed but very simple mechanism, this machine produces a natural 'wind' resistance to correspond with your ability level - one that changes with you as you get more powerful. Wow.

*You will invariably look forward to each session as you suddenly begin to increase power output, and master your cycling passion - thanks to the ingenious advantages of the Ridewiser Ergo Machine™*

*Rob Crowe  
Ridewiser Director*

# Rob Crowe Biography

Fairfax Community Network

Careers

## Cycling toward a healthier life

Robert Crowe —  
Ridewiser, St Kilda.

**What do do:** As a consultant in healthy living using cycling, I focus on the science of energy expenditure and the wide range of activities of the people who participate in cycling as a social, recreational or leisure activity and as a competitive sport. The Ridewiser Cycling Program covers a broad range of cycling disciplines, including: winter indoor classes, dual-hungry weekend rides, on-road club workouts, and off-road training. Other forms of education include public seminars and seminars, commentary on news and television air-games.

**How I got here:** I've had a colourful career in road cycling (1989-2004) which has included gold medals at the Australian Championships (1991), Commonwealth Games (1990 and 1994), and podium finishes at the Tour of Australia (1991, 1992, 1993, 1994, 1995), then studied sports psychology at Swinburne University (1996) which led to a position as an expert witness and Australian Institute of Sport. The Kilda incident has inspired me to write.

**The good bits:** My work is ideal for me because I'm an outdoor cycling and sports fan. I love the outdoors, the people and the challenge. I love the products, the team, the people and equipment.

**Who or what would I most like to be and why?**  
Hobby: I can't really say I'm on the journey with this one.

**Details:** email [info@ridewiser.com.au](mailto:info@ridewiser.com.au) or visit [www.ridewiser.com.au](http://www.ridewiser.com.au)



Robert Crowe: 10 is an ideal ride.



World Record 4000m Tandem Pursuit (4:21.451)  
2004 Paralympic Games Gold Medallist  
2002 World Masters Criterium Champion  
1991 Dual Australian Road Champion

Rob Crowe (B.App.Sci. Psychophysiology)  
Barcelona 1992 Olympic Cyclist  
Personal Well Being Advisor  
OAM Order of Australia Medal 2004

**“..ergo cycling is the greatest training tool I’ve ever come across..”**

**Rob Crowe**  
**2-time Olympian**  
**2-time Australian road cycling champion**

- 1989 Inaugural Winner Mt Buller ABOM Challenge (Amateur)
- 1990 Defending Winner Mt Buller ABOM Challenge (Professional)
- 1991 Selection: Barcelona Olympic Road Squad
- 1991 Winner Amateur Tour of Austria
- 1991 Australian Road Race Champion
- 1991 Australian Road Time-trial Champion
- 1992 King of The Mountains Tour de Taiwan
- 1992 Barcelona Olympic Cycling Team Time Trial
- 1993 Winner Darling Harbor Criterium, Commonwealth Bank Classic
- 1993 2<sup>nd</sup> Place Melbourne to Warrnambool Classic
- 1993 Victorian Institute of Sport 'Athlete of the Month' (twice)
- 1993 Victorian Institute of Sport - Public Speaker & Athlete Mentor
- 1994 G.C.10<sup>th</sup> Herald-Sun Tour (2<sup>nd</sup> Sprint Jersey) Jayco Pro Cycling Team, Aust.
- 1995 Winner 3x Victorian Road Titles (91,93,95) Sportscover Pro Cycling Team, Aust.
- 1998 Bachelor Degree - App. Sci. Psychophysiology
- 1999 Aust.Inst.Sport (AIS) Athlete Advisor for Olympic Games 2000
- 2000 Aust. Olympic Committee, Anti-Drugs in Sport Speaker & Presenter
- 2000 Sports Commentator, Sky News Channel, Sydney Olympic Games
- 2002 World Masters M1 Criterium Champion (Melbourne)
- 2003 Ridewiser Consultancy – Cycling Education Services (business commenced)
- 2004 World Record 4000m Tandem Pursuit (4mins 21.451)
- 2004 Athens Paralympic Games Gold Medallist (pilot)
- 2005 Order of Australia Medal (recognition of contribution to sport)
- 2006 St Kilda Cycling Club Criterium Champion
- 2009 St Kilda Cycling Club Criterium Champion
- 2010 Southern Vets Mass Start Champion

**“..now everybody wants to do ergo..!?”**

**Rob Crowe OAM**