

POWER RYDE FULL-TILT INDOOR CYCLING STUDIO

WHAT IS POWER RYDE?

Power Ryde is Cincinnati's only RealRyder Indoor Cycling studio. We have 37 state-of-the-art RealRyder bikes which tilt left and right, giving you a 5-in-1 workout: arms, abs, legs, cardio, and balance.

WHY YOU NEED US!

Faster – Quicker – Injury Free

Unlike traditional, stationary spinning, our bikes tilt side-to-side. This allows us to work the lateral sides of our bodies. No athlete moves in one, unilateral direction; we move side to side and we pivot. Our bikes allow us to strengthen the left and right sides of our bodies; preventing the rotational deficiencies that many athletes have. Also, indoor cycling is low-impact and high-cardio; the best of both worlds when cross-training and preventing overuse injuries.

Fun – Team Building

The side-to-side motion of our bikes makes our classes dynamic and fun. Kids are fascinated by the motion of the bikes and have a blast. Not only does this benefit athletes individually, but it is also a great team-building activity because there is no winner or loser. The instructor guides the class, riders go at their own pace, and everyone works at their own ability.

Success Stories

We have many athletes who are running faster, running further, and staying injury-free. Over the years we have hosted a variety of high school sports teams, including: Indian Hill track and cross country, Indian Hill soccer, Loveland track and cross country, Madeira track and cross country, Ursuline cross country, Moeller cross country, Moeller wrestling, and Sycamore cross country. The athletes love coming to Power Ryde and always ask their coach if they can come more frequently during the season.

COST & MORE

For Private Cross Training Rides, we charge \$10 a head.

We have plenty of afternoon and weekend availability to offer private cross-training classes.

We also offer strength and core-focused classes that benefit all athletes, especially runners. Email us for more info!



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ABOUT THE OWNER

Casey Hilmer, 31, is a former 2:54-marathon runner. Running injuries led her to indoor cycling. She needed a high-intensity workout that was fun and kept her in running-shape. She found the RealRyder bikes and never looked back. She opened Power Ryde to share her passion for fitness and never give-up attitude with others.

More Information on How We Help Athletes

Benefits of RealRyder Bikes (tilt side-to-side)

- 20 – 30% better calorie burn than traditional stationary bikes
- Easier on joints (hips, knees, ankles, back) than traditional stationary bikes
- Better core, balance, and upper body workout. Engages more muscles.
- Improves coordination
- Can hold up to a 350-pound person
- More FUN due to movement
- Takes your workout to the next level
- All Branches of the U.S. Military around the world use RealRyder for cross training as well as some Olympic teams
- Athletic Trainers use RealRyder to train elite and professional athletes

What Power Ryde can Offer Athletes

- Great cross-training for athletes. A Power Ryde class is not just a cardio workout, but also a strength and stabilizing workout, because the side-to-side movement of the bikes also works riders' arms, core and balance.
- A workout that is fun and different than anything around. This is a workout and a machine that cannot be found at any local gym.
- Classes only for sports teams. Riding together is great team bonding and a healthy, competitive activity. These can be held in the early mornings, at lunch time, in the afternoon/evening or on weekends.
- Most of our instructors are endurance athletes and perfectly trained and qualified to coach like-minded athletes.

Athletic Training Program Research from RealRyder

An effective training program tailors its metabolic demands to appropriately challenge the energy systems used by the sport. Because coaches may be working with all different athletes, the RealRyder Bike gives them the flexibility to train the athletes more to their specific needs. For power and speed, such as sprinting and jumping, performance is limited by the ability to recruit fast twitch muscle fibers to generate maximal force and power as well as maintain balance and coordination while generating such high muscle force. We know that the RealRyder Cycle is the only bike that can help generate this balance in coordination through some of the power and sprinting drills they can design for the athletes.

Most High School sports rely on **all** the energy systems over an extended time; hence you can design an effective training program on the RealRyder to meet the needs of all athletes at the same time training their bodies to increase muscle glycogen, increase capacity to tolerate high lactic acid levels and increase force generation, muscle strength and power.

Most coaches know that the specificity of the sport is the best way to train their athletes but they also know repetitive movements increase the risk of injury. Cross training has become widely accepted and having a tool like the RealRyder Bike allows them to cross train a little more specific to the athlete and pushes their limits beyond what they may do in play in a very safe and effective way.

The RealRyder Bike has a unique, articulating bike frame that allows the rider to move across three essential planes of motion as they pedal, incorporating balance, greater core-engagement, total body coordination, and increased kinesthetic awareness -- something every athlete experiences during play.