



## CYCLEOPS POWER CERTIFICATION

Featuring Angie Sturtevant, CycleOps Power Master Training Specialist  
\*Presented in English\*

*LEADERSHIP SKILLS FOR COACHES, INDOOR CYCLING INSTRUCTORS OR  
ANYONE WANTING TO LEARN MORE ABOUT TRAINING WITH POWER*

**Saturday, May 29, 2010, 8am-5pm**

Redefine cycling and become CycleOps Power Certified! CycleOps Power Training System is the ONLY indoor cycling program that takes the proven formula for success in the outdoor world and brings it into the indoor cycling realm. Utilizing the CycleOps Club Pro 300PT Indoor Cycle plus the CycleOps PowerAgent Software, this comprehensive education program is a true professional development opportunity for any Indoor Cycling Trainer, Cycling Coach or anyone simply looking to learn more about training with a power meter. You'll ride the only power measuring indoor cycle on the market that looks, feels, adjusts and performs like a bike, equipped with a PowerTap and bike computer console that serves as a rolling laboratory, continually displaying, recording and storing data on watts, cadence, energy expenditure, heart rate and time. The only indoor cycle on the market that allows you to download every ride for post-ride analysis. Led by an elite CycleOps Power Master Training Specialist, this training will include—but is not limited to:

- The power training theories of Allen Lim, PhD, Radio Shack Team Physiologist
- Physiology and the principles of training
- Relationship between stimulus (power) and response (heart rate)
- How to develop and lead power based rides
- Training for performance, weight loss and fitness
- Earn an extra income with personal training, performance assessments and post-ride analysis consulting
- Use for metabolic assessments
- Proper bike-fit and cycling biomechanics
- Ride design and safety considerations
- Be on the forefront of cycling training by becoming CycleOps Power Certified to coach the most comprehensive programs ever developed
- Earn ACE, AFAA, USA Triathlon &/or USA Cycling continuing educations credits

*The CycleOps Power Training System offers the tools you need to win; both in the race and in life.*

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**Hurry...space is limited!**  
**Visit our website at [www.cycleops.com](http://www.cycleops.com) to register on-line**

**\$299.99US per person (this includes the manual & exam)**