

## Lifestyles Millennium Virtual Reality X-Biking

### WHAT IS VR X-BIKING?

X-bikes are the latest indoor cycling equipment and are the natural evolution of indoor cycling.

Indoor cycling is a great way to burn calories and increase fitness levels.

VR X-biking is an indoor cycling class which is run using video footage on a large screen and motivational music. An instructor will be on-hand to provide motivation and tips for making training more effective.

The large screen shows a mixture of real and virtual cycling footage. You follow the route and will cycle around Liverpool, New York and San Francisco and more.

Typically a 30 minute X-bike session burns 500+ calories.

### HOW MUCH DOES IT COST?

FREE to Lifestyles DD members and £X to non members.

### WHO CAN DO IT?

X-bikes have been used by people of all ages and abilities.

The minimum requirement is that you are 4ft 9in and

over.

Classes are available for beginners to advanced. Ask for information about our taster sessions.

Book your class today on **0151 233 3007** or ask at Reception.



For further details contact reception at:

**Lifestyles Millennium**

Victoria Street, Liverpool L1 6JD

0151 233 4123



New York

San Francisco

London

Welsh Mountains

Liverpool

French Alps



[www.x-biking.com](http://www.x-biking.com)



Liverpool City Council 2007, all rights reserved. [www.liverpool.gov.uk](http://www.liverpool.gov.uk)  
070784/IS/KL/1007



**Lifestyles**  
Fitness Centres

## The VR X-Biking Roadmap

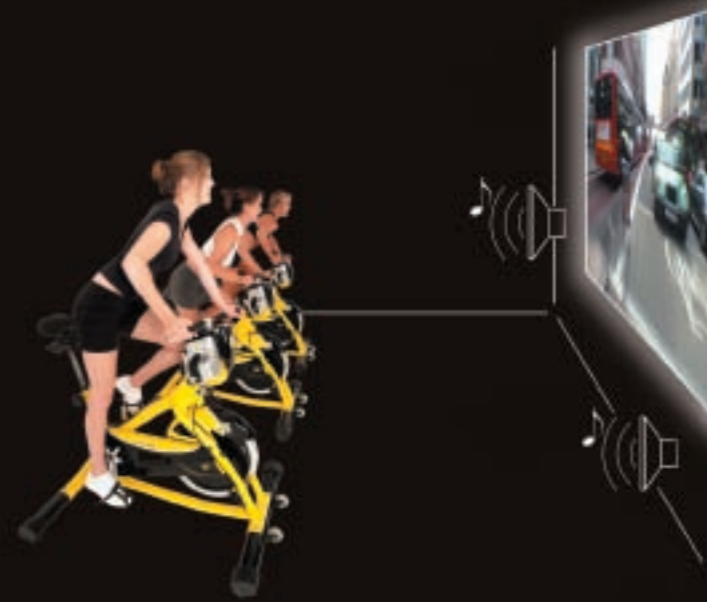
### WHAT IS VR X-BIKING?

A revolutionary interactive group class VR X-Biking is the first real innovation on the extremely successful indoor cycling concept. Providing a stimulating visual mixture of real and virtual cycling footage that allows the members to actually go somewhere while they're in that crowded, sweaty studio. Big screen footage has been tried before with indoor cycling but with the X-Bike's unique ability to simulate turning the combination works.

Tie the exiting footage together with strong motivational music and you get an interval based workout with high quality calorie burn. The time flies by as you get totally immersed in the experience. The combination of visuals, music and motivation from the instructor delights and stimulates the senses while providing you with real total body fitness results.

### WHO IS VR X-BIKING FOR?

VR X-Biking is for everyone of all ages and sizes, your VR X-Biking instructor has been trained to lead all types of X-Bike classes ranging from 6 week get into shape classes, rehabilitation programs, juniors, seniors, to elite training for 13 World Champions.



## Total-Body Workout Technique

Chill



Seated Climb



Seated Carve



Micro Pump



Standing Climb



Standing Carve



Swoop Jump



Squat / Jump

Everyone will benefit from VR X-Biking regardless of fitness levels or experience. And no matter what, you are always in complete control of how hard or easy you want the ride to be. Your X-Bike even instinctively 'coasts' allowing you to stop pedalling anytime you want.

### WHAT SHOULD I EXPECT?

Before your VR X-Biking class begins your ride instructor will show you how to set-up your bike for maximum comfort and safety. Then they will demonstrate how to pedal, increase/decrease the resistance, coast, swoop and climb, all in a manner that matches your ability. Each 30 to 45 minute VR X-Biking session begins with a thorough warm-up to prepare your mind and body for the ride ahead and is always concluded with a cool down that includes stretches to increase flexibility and reduce injury.

### WHEN WILL I SEE RESULTS?

Immediately you will feel a sense of achievement and after your first few classes you will feel relaxed and natural on the bike. After about 6 weeks your strength and stamina have increased and you'll feel fantastic!

By making VR X-Biking a regular part of your workouts you will see increased fat loss, stamina and all over strength. VR X-Biking has proven to burn more calories in

less time than any other indoor cycle due to the controlled resistance and natural movement in the innovative X-Bars. VR X-Biking will develop and increase your overall muscle tone and make a more confident you!

### HOW OFTEN SHOULD I ATTEND?

After your first few VR X-Biking classes, we recommend attending a maximum of 3 classes per week. For maximum results rest at least one day between classes and cross-train with other workouts.

### WHAT SHOULD I WEAR / BRING?

Comfortable workout clothes;

Ideally padded cycling shorts and a breathable workout top for maximum comfort.

Shoes with a stiffer sole than a running shoe. 'Cross-trainer' style shoes are good and cycling shoes are ideal.

A water bottle and towel are essential.

**A smile – because you're gonna have some fun!**

