

**Fitness**

# **The Reel Ride** *for indoor cycling*

The Reel Ride is the original concept video that features a beautiful ride through scenic King's Canyon in California bringing the mountains indoors, allowing the rider to feel the road, simulating real bicycling so that the images become the ride experience.

Working closely with Paul Swift, eight time National Cycling Champion, Karma Train Productions recognized the experience a champion would bring an indoor cycling program. The interactive DVD features a graphic interface of the routine developed by Paul, that guides the rider through a challenging indoor cycling exercise program. Being an instructor and the designer of the LeMond Revmaster, Paul's expertise in developing the routine incorporated in The Reel Ride DVD takes it to a step above the rest.

The Reel Ride DVD is 40 minutes in duration and includes a warm up and cool down routine. The graphic interface takes the rider through resistance, changes in pedal speed, along with standing or seated position on the bicycle in concert, to simulate the challenges of the road. Whether the rider is a novice or an experienced rider, the road is the focus, leaving the routine as a personally adaptable tool to help riders attain exercise goals.

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**Format:** Color, DVD-Video, NTSC

**Language:** English text

**Region Encoding:** Unknown

**Number of Discs:** 1

**Rating:** NOT RATED

**Studio:** Karma Train Productions

**DVD Release Date:** May 15, 2005

**Run Time:** 40 minutes

**Part# 60051**

**MSRP \$19.95**



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