



SET A GOAL FOR YOUR RIDE

Do targeted training and select resistance levels as per the goal you have in mind.



TAKE A BREAK

Simply get off for a while, drink water, or grab a glass of juice then get back on the peddles. Cycling will seem more fulfilling after a quick break.

LISTEN TO YOUR FAVORITE UPBEAT MUSIC

Pick up the earbuds or headphones and switch on some adrenaline rush inducing tunes right away.



CATCH UP ON YOUR FAVORITE TV SHOWS

You can multitask with ease, watch the shows of your choice as you peddle, and keep your eyes off of the miles that are remaining.

VIRTUALLY RIDE WITH OTHERS THROUGH AN APP

Living in the digital world has its own perk so make use of the opportunity by video calling and riding with others.



REWARD YOURSELF

After rigorous training for days, make sure to reward yourself to keep up the motivation.