

HOLODIA

FITNESS.REINVENTED.



Workout Plan

6 Indoor Cycling Workouts You Have to Try

Indoor cycling is one of the best cardiovascular exercises to do. **Studies show that indoor cycling is even better than bicycling in improving physical fitness.** It brings incredible benefits for the cardiovascular systems, it helps build strength and endurance, and you can burn up to 400 calories in 30 minutes.

However, where indoor cycling usually fails is to provide enough entertainment and motivation so **most of the indoor bikes become simple clothing hangers**. But no more!

Today, we're coming to you with tips and workouts that will help you keep things interesting week after week.



pro tip

Entertainment

Always find a source of entertainment. Watch TV, listen to music or look into VR fitness - the ultimate motivational tool.

HOLOFIT lets you ride in amazing virtual worlds, all from your indoor bike

Our VR app HOLOFIT provides virtual worlds to ride in, whether individually or with other HOLOFIT members all over the world, as well as guided training programs to ensure you reach your goals.

Did you know that the minimum recommended cardio activity per week is 150 minutes of moderate activity?



1) The Notor-ious HIIT

With a 15-min HIIT workout, you can burn up to 250 calories!

HIIT or high-intensity interval training consists of alternating shorter periods of high intensity with periods of recovery resulting in the release of the human growth hormone and the production of the excess post-exercise oxygen consumption (EPOC).

This means that you will actually continue to burn extra calories after you finish your workout.

If you use HOLOFIT on your bike, use the guided HIIT training. If not, you can do the HIIT training on your own.

WARM-UP

- 3-minute stretching
- 5-minute light pace riding or Explore mode, Snowy Mountains

THE WORKOUT

- 30-second light pace preparation
- 2.5-minute moderate pace
- 30-second fast pace followed by a 2.5 minute recovery period at a moderate pace. Alternate for 15 minutes.
- 30-second cooldown

COOLDOWN

- 10-minute light pace riding or Explore mode, Troglodyte



2) Endurance Workout

Endurance is extremely important as far as keeping your heart, lungs - and the whole cardiovascular system healthy.

Remember, endurance is built over time so if you can’t get through the whole workout, that’s perfectly okay. Just go as long as you can, and eventually, you’ll get through the whole thing.

This 40-minute workout can be done independently or in HOLOFIT > Cardio.

WARM-UP

- 3-minute stretching
- 5-minute light pace preparation in Explore mode, San Francisco

THE WORKOUT

- 5-minute light pace preparation (30% of your maximum effort)
- 5-minute riding at moderate pace (50% of your maximum effort)
- 10-minute riding at maximum pace (90-100%)
- 8-minute riding at vigorous pace (70% of your maximum effort)
- 7-minute riding at moderate pace

COOLDOWN

- 5-minute cooldown at light pace





3) Fat Burn Workout

Fat burn workout is a mixture of hard effort interval training with recovery periods. The important thing is to keep moving, even during recovery periods.

If you choose to do it in HOLOFIT, use Cardio Goals > Fat Burn, and set the time for 40 minutes. In a 40-minute fat burn HOLOFIT session, you can burn up to 500 calories.

WARM-UP

- 5-minute stretching
- 5-minute light pace preparation in Explore mode, Canyon

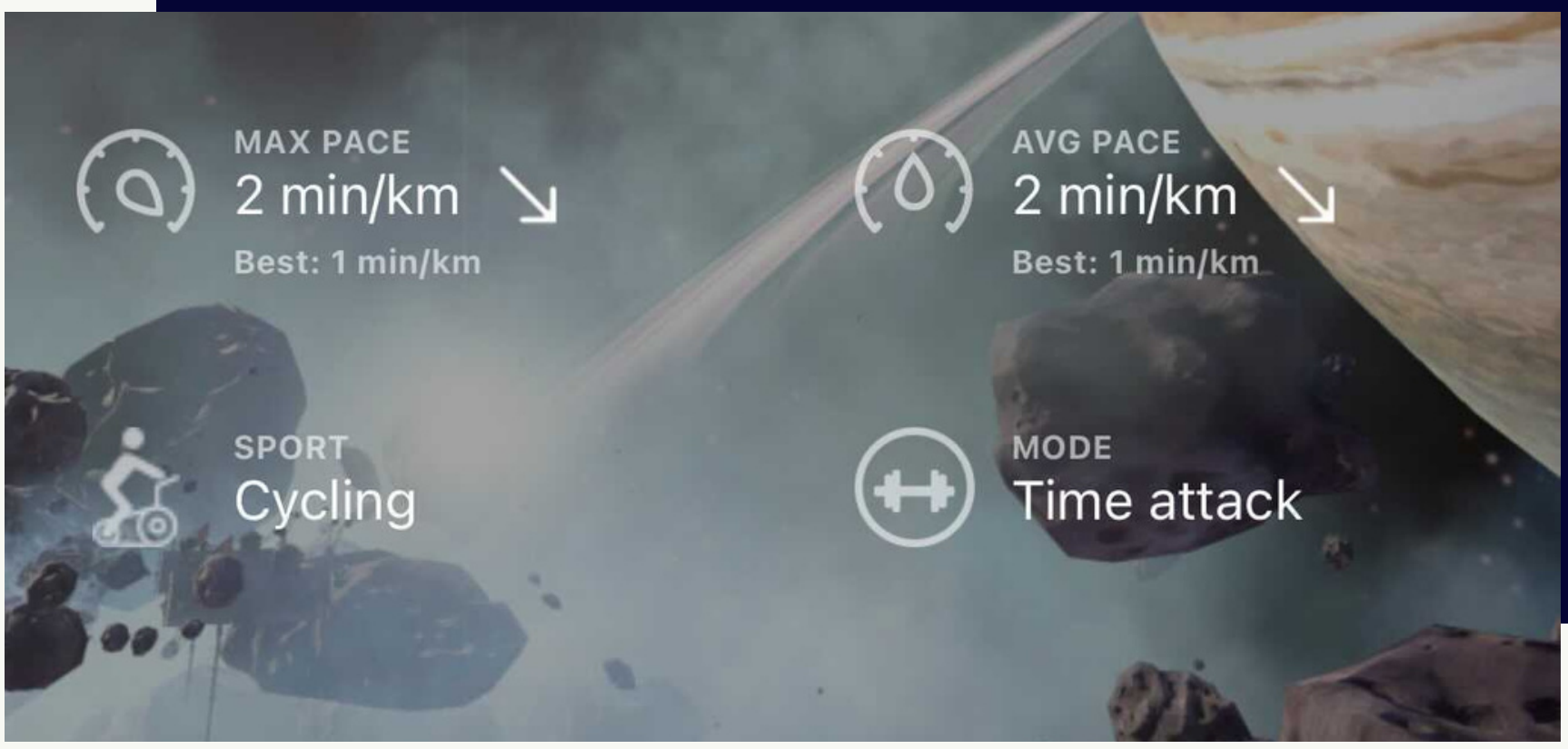
THE WORKOUT

- 5-minute warm-up at light pace (30% of your maximum effort)
- 5-minute riding at moderate pace (50% of your maximum effort)
- 8-minute riding at maximum effort (90-100% of your maximum effort) followed by 2-minute recovery

  Repeat 2 more times.

COOLDOWN

- 2-minute cooldown, gradually lower the pace until you come to a complete stop



4) Beat-Your-Best Workout

Let’s lean into that competitive human nature. Why not race yourself? It’s the perfect workout to monitor your personal progress.

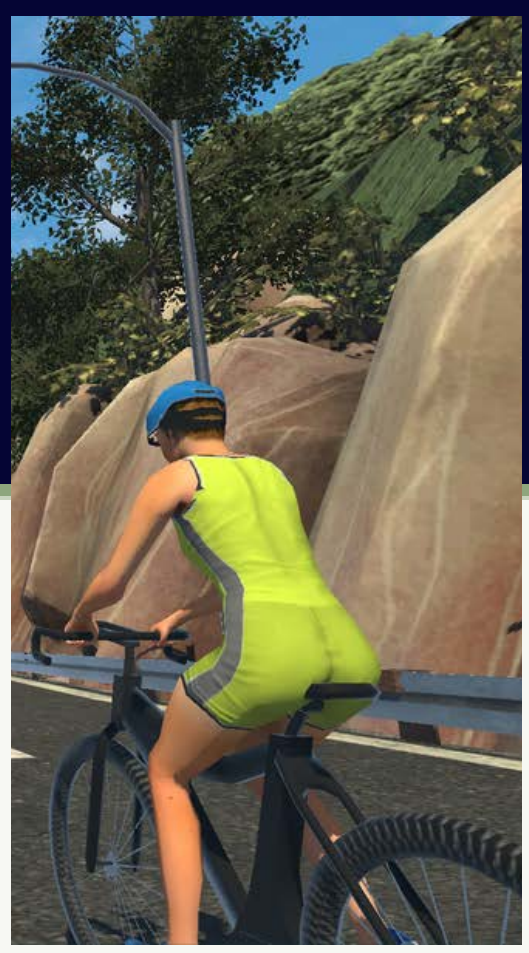
In HOLOFIT, select the Time Attack mode, 30-minute interval, and try to beat one of your previous records.

Otherwise, use a stopwatch to see how far you can ride in 30 minutes. Write it down, and the next time around try to beat your record.

5) Race Others Online







If you don’t like working out on your own, then online races are for you! Gather a group of friends and challenge each other.

In HOLOFIT, select Multiplayer mode and race against other Holofitters. To get to know other Holofitters, arrange workouts and discuss anything cycling and fitness-related – join our online Facebook Community.

Otherwise, utilize various apps that track your workouts, such as Strava, to sync and compare your results!

6) Just Ride Workout

Sometimes it’s okay to just ride - no pressure, no intensity, no stress. It’s a great idea to go on these rides every two weeks to help with your recovery,

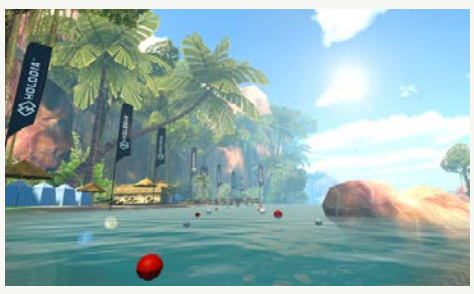
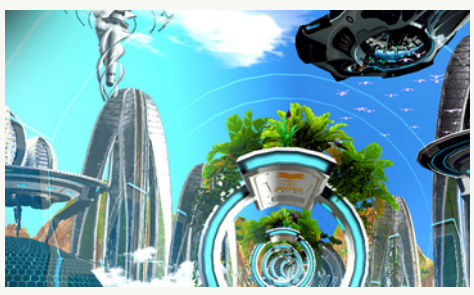
In HOLOFIT, we recommend selecting the Explore mode in a world of your choice. Just ride through it, explore it and try to collect all the hidden trophies.













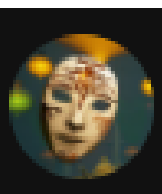

And what is HOLOFIT?

HOLOFIT is a VR fitness app that works on any bike and lets you explore amazing VR worlds, compete with others and track your progress.

What do I need for HOLOFIT?

1) VR headset (check out the Oculus Quest 2)
2) Cadence sensor (we recommend the IGPSport C61 cadence sensor)

If you have all that you need, you can **start your free trial of HOLOFIT right away!**



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★★★★★

Saved my life

I absolutely love this product. Living a sedentary life style and obesity to match I was looking for a safe environment to get my life together. Purchasing a subscription was the best decision I could have made. I love visiting the different cities and Paris is my favorite. I also like the fact that Holofit listens to its consumers for different ideas to make the product better. I have only had the product for two months and have lost almost 25 pounds. That's pretty good for a senior. Keep up the good work Holofit and thank you for saving my life.

Who am I?

Why did I make this?



Hey! I am Bojana, one of Holodia's founders.

My fitness journey started more than 20 years ago and boy what a ride it has been!

A love and hate relationship, with grueling workout schedules, failed diets and all fitness trends imaginable. Now I'm finally happy (I guess it's the age :) and would like to share what I've learned to help others reach their happy place.

Cardio workouts were always most difficult for me: they simply bore me. That's why I started HOLOFIT VR Fitness, giving fun, engaging, motivating and efficient virtual workouts on your ellipticals, rowing machines and bicycles.

Come and join our community and see how we can help you have fun working out. Stay HOLOFIT!