

ASOIR

A STATE OF RIDE
RELEASE 7

OFFICIAL INSTRUCTOR CHOREOGRAPHY

ASOR 7

A STATE OF RIDE

1	Warm-Up	Asylum	Qulinez ft Newve	5.10min
2	Pace Intervals	Sweet Disposition (Bootleg)	Youngr	6.21min
3	Climbing	Don't You Worry Child	Swedish House Mafia	7.44min
4	Attacks	Nobody But You (Tantrum Desire Remix)	Delta Heavy ft Jem Cooke	6.24min
5	Race Endurance	A Love That's Hard To Find	Chicane	7.07min
6	Power	Feuer Frei!	Rammstein	6.58min
7	Peak	Blah Blah Blah (Bassjackers Remix)	Alive (Hardwell Remix)	8.17min
8	Ride Home	Ride or Die	The Knocks	4.02min

Credits

Program Creator Matty Clarke
Program Director Matty Clarke
Music Remixing Matty Clarke
Choreography Matty Clarke
Behind the console Jason Warring
Filmed at The ASOR Bunker, Sydney. Australia

This Release Choreography Booklet is for the EXCLUSIVE USE of ASOR Instructors.

Learn more at www.astateofride.com

1. Warm-Up 1/1 = 100rpm

Asylum Qulinez ft Newve

5.10min



Track Focus: I want riders to use the opening few minutes to draw attention to their workout, their load and their bodies.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Adjustments or Cues
0.58	Intro	[soft melody]	2 x 8	Set-Up	Seated Recovery	1/4			
1.08	Verse	need an asylum	4 x 8	Warm-Up 1	Seated Easy		○		Take a relaxed position.
1.27		I've been getting	4 x 8		3/4	↗	Easy		
1.46	Pre-Chorus	for the truth	4 x 8		1/2+	↗			
2.05	Chorus	[big melody]	4 x 8		Easy Racing	3/4+		Easy	Introduce that working tempo.
2.25		for the truth	4 x 8		1/1			Mod	
2.44	Verse	need an asylum	4 x 8	Warm-Up 2	Seated Easy	1/2+			Drift behind, hold your load.
3.03		I've been getting	4 x 8		3/4				Connect to the push.
3.22	Pre-Chorus	for the truth	4 x 8		1/2+	↗			Let the legs slow with more load.
3.42	Chorus	[big melody]	4 x 8		Easy Racing	3/4+		Mod	Feels a little harder.
4.01		for the truth	4 x 8		1/1	↗			On pace.
4.20	Verse	need an asylum	4 x 8	Warm-Up 3	Seated Easy	1/2+			
4.39		I've been getting	4 x 8		3/4			Mod	
4.58	Pre-Chorus	for the truth	4 x 8		1/2+	↗			Legs slow with pressure.
5.18	Chorus	[big melody]	4 x 8		Easy Racing	3/4		Mod	Relaxed and closer
5.37		for the truth	4 x 8		Racing	1/1	↗		Find your connection now.

Post Track: Maintain working resistance, bring your cadence back to a comfortable roll.

Track Focus: I want to feel their intensity increase in the pace efforts before heading to the climbs.

The Engineer				The Athlete					The Coach	
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Adjustments or Cues	
6.06	Intro	[soft piano]	4 x 8	Set-Up	Set-Up					
6.22		[guitar]	4 x 8				1/2	○		
6.37	Verse	sweet disposition	8 x 8	Pace 1	Seated Easy	1/2+		Easy	Feel where it meets your pedal. Starts easy, gets harder. GO. On Pace.	
7.08		oh, reckless	8 x 8				1/2+	↗		
7.39	Pre-Chorus	a moment , a love	4 x 8				1/2	↗		
7.55	Chorus	so stay there	8 x 8		Racing	3/4				Easy
8.26		to surrender	2 x 8	Pace 2		1/1		Mod	Increase load. Build speed. Make a move. On pace now.	
8.33	Verse	a song of	8 x 8		Seated Easy	1/2+		↘		Easy
9.04	Pre-Chorus	a moment , a love	4 x 8				1/2+	↗		
9.20	Chorus	so stay there	8 x 8		Racing	3/4				Mod
9.50		to surrender	2 x 8			1/1		Hard		
9.58	Verse	a song of	8 x 8	Climb 1	Seated Easy	1/2+		↘	Gets heavier. Hands go wide. Light on the arms, heavy on the legs.	
10.29	Pre-Chorus	a moment , a love	4 x 8		Seated Climb	1/2		↗		
10.45	Chorus	so stay there	8 x 8		Standing Climb	1/2		↗		Mod
11.16		to surrender	8 x 8				1/2	↗		
11.47	Outro	[drums]	8 x 8		Standing Climb	1/2		Hard	OPTION: Seated Climb	

... continued

Sweet Disposition

Post Track: Maintain a working resistance, bring your cadence back to a comfortable pace.

3. Climbing 1/1 = 64rpm

Don't You Worry Child

Swedish House Mafia

7.44min



Track Focus: I want my riders to feel strong with climbing efforts in and out of the saddle.



The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Adjustments or Cues
12.27	Intro	[low beat]	8 x 8		Seated Recovery	1/2			
12.57		[hi-hat]	8 x 8	Set-Up	Seated Climb	1/1	○	Easy	Bring yourself to the base of your hill.
13.27		[fades]	1 x 8			1/4			
13.31	Verse	[piano]	2 x 8		Seated Climb	1/2+	↗	Easy	Base of your climb? Find it.
		there was a child	4 x 8				↗		
13.53		days are gone	4 x 8			3/4			
14.08	Pre-Chorus	upon a hill	4 x 8		Seated Climb	3/4+	↗		Make yourself wider.
14.23		_don't you worry	4 x 8	Climb 1		3/4+			
14.38	Inst	[melody]	8 x 8		Seated Climb	3/4+	↗	Mod	Building your first climb. Adjust if needed.
15.07	Chorus	[big melody]	12 x 8		Standing Climb	1/1	↗	Hard	2 follow up gears if you want it
15.52	Reprise	[big melody]	4 x 8		Standing Attack	1/1	↗	V Hard	OPTION: Seated Climb
16.07			1 x 8		Standing Recovery	1/4			
16.11	Verse	there was a time	4 x 8		Standing Recovery	1/2	↓	Easy	Slow. Breathe.
16.26		were so young	4 x 8		Seated Climb	3/4			Reduce as you sit down.
16.40		_upon a hill	4 x 8			3/4+	↗		
16.55	Quiet Chorus	_don't you worry	4 x 8	Climb 2	Seated Climb	3/4+	↗	Mod	Build your pressure.
17.10		[guitar]	4 x 8			3/4+	↗		Find some magic.
17.25		[soft vocal]	8 x 8		Seated Climb	1/1+		Hard	Let it all inside you.
17.55	Chorus	plan for you	12 x 8		Standing Climb	1/1	↗	Hard	2 follow up gears if you want them.

... continued

Don't You Worry Child

ASOR 7
A STATE OF RIDE

18.39	Reprise		4 x 8
18.54	Inst	[melody]	4 x 8
19.09	Outro	[soft melody]	8 x 8

	Standing Attack	1/1		V Hard
...cont'd	Standing Recovery	1/2		Mod
	Seated Recovery	3/4		Easy

Last chance. Take the top.
Walk it out. Job well done.
Back to the saddle, roling recovery

Post Track: Maintain working resistance, use the Seated Recovery to compose yourself before the Attacks.

4. Attacks 1/1 = 87rpm

Nobody But You (Tantrum Desire Remix)

Delta Heavy

6.24min



Track Focus: I want riders to feel their attacking efforts both fresh and under fatigue.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Adjustments or Cues
19.45	Intro	[guitar]	8 x 8	Set-Up	Seated Recovery	1/4		Easy	
20.07	Verse	you've been walking	8 x 8		Seated Easy	1/2+	○		Bring yourself towards your load.
20.29	Pre-Chorus	I'll take you higher	8 x 8			3/4	↗	Mod	
20.51	Chorus	[big synth]	4 x 8		Standing Attack	1/1	↗	Hard	Locked and loaded.
21.02		[big synth]	4 x 8		Seated Attack	1/1			Down and dirty.
21.13	Inst	[upbeat]	4 x 8	Attack 1	Time Trial	1/1	↗	V Hard	Get slippery. Inside and forward.
21.24		[fades]	4 x 8			1/1+			OPTION: Slow to 3/4 to recover.
21.35	Chorus	[big synth]	4 x 8		Standing Attack	1/1	↗	Hard	Here we go!!
21.46		[big synth]	4 x 8		Seated Attack	1/1		V Hard	Sit down, drive.
21.57	Bridge	[fades]	2 x 8		Seated Easy	1/2	↓		Reduce the load.
22.03	Verse	[bass guitar]	8 x 8		Seated Easy	1/2+			Compose yourself.
22.25	Pre-Chorus	I'll take you higher	8 x 8			3/4	↗	Mod	Moving closer to your attack.
22.47	Chorus	[big synth]	4 x 8		Standing Attack	1/1	↗	Hard	Uncomfortable to start.
22.58		[big synth]	4 x 8		Seated Attack	1/1			Saddle and hold.
23.09	Inst	[upbeat]	4 x 8	Attack 2	Time Trial	1/1	↗	V Hard	Hold the pressure.
23.20		[fades]	4 x 8			1/1+			OPTION: Slow to 3/4 to recover.
23.31	Chorus	[big synth]	4 x 8		Standing Attack	1/1	↗	Hard	Let's go again.
23.42		[big synth]	4 x 8		Seated Attack	1/1		V Hard	Anchors down. Legs heavy.
23.53	Bridge	[fades]	2 x 8		Seated Easy	1/2	↓	Easy	

... continued

Nobody But You (Tantrum Desire Remix)



23.59	Verse	[bass guitar]	8 x 8		Seated Easy	1/2+				Find your breath. One more.
24.21	Pre-Chorus	I'll take you higher	8 x 8			3/4		Mod		As the load lifts you'll sink back.
24.43	Chorus	[big synth]	4 x 8		Standing Attack	1/1		Hard		Open, GO!
24.54		[big synth]	4 x 8		Seated Attack	1/1				This feels challenging.
25.05	Inst	[upbeat]	4 x 8	Attack 3	Time Trial	1/1		V Hard		Tuck inside, slip forward.
25.16		[fades]	4 x 8			1/1+				OPTION: Slow to 3/4 to recover.
25.27	Chorus	[big synth]	4 x 8		Standing Attack	1/1		Hard		Last one, HIT IT!
25.38		[big synth]	4 x 8		Seated Attack	1/1		V Hard		Dig deep.
25.49	Outro	[fades]	4 x 8		Seated Easy	1/2				

Post Track: Reduce working resistance. Find your easy position on the bike and prepare for your Race Endurance work.

5. Race Endrance 1/1 = 125rpm

A Love That's Hard To Find
Chicane

7.07min



Track Focus: I want riders to be able to express their personal top pace with great control across the two working rounds.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Adjustments or Cues
26.09	Intro	[low beat]	4 x 8	Set-Up	Seated Recovery	1/4	○	Easy	Shake it all down.
26.25		[hi-hat]	8 x 8		Easy Racing	1/2+	↗		
26.55	Bridge		1 x 8			1/2			
26.59		[soft synth]	6 x 8	Race 1	Seated Easy	1/2			Shoulders relaxed. Mind is calm.
27.22	Verse	_you're a thousand	8 x 8			1/2+			
27.53	Pre-Chorus	hard to find	8 x 8		Easy Racing	3/4	↗	Easy	Feel where the muscles engage.
28.24	Chorus	[melody]	8 x 8			3/4+	↗	Mod	Start gently. Room to grow.
28.54	Reprise	[bigger melody]	12 x 8		Racing	1/1		Hard	Tap the beat.
29.41	Inst	[low melody]	8 x 8		Time Trial	1/1	↗	V Hard	OPTION: 1/1+
30.10	Bridge	[fades]	1 x 8		Seated Recovery	1/4	↓	Easy	Slowing back behind.
30.15		[soft synth]	6 x 8		Seated Easy	1/2			
30.38	Verse	_you're a thousand	8 x 8			1/2+	↗		Bringing yourself back into alignment.
31.09	Pre-Chorus	hard to find	8 x 8		Race 2	Easy Racing	3/4	↗	Easy
31.40	Chorus	[melody]	8 x 8			3/4+	↗	Mod	Leave just a little in reserve.
32.10	Reprise	[big melody]	12 x 8	Racing		1/1		Hard	Feel where the pedal meets the beat.
32.56	Outro	[low melody]	4 x 8	Time Trial		1/1	↗	V Hard	OPTION: 1/1+

... continued

A Love That's Hard To Find

ASOR 7
A STATE OF RIDE

Post Track: Maintain working resistance, bring your cadence back to a comfortable roll.

Track Focus: I want riders to use the high energy of this track to get as much power out of each effort as possible.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
33.20	Intro	[synth]	4 x 8	Set-Up	Seated Recovery	1/4			
33.30		[heavy guitar]	4 x 8		Seated Easy	1/2	○	Easy	Here comes the adrenaline.
33.41	Verse	getadelt wird	8 x 8			1/2+			
34.01	Inst	[big guitar]	8 x 8		Power Race	1/1	↗	Mod	Power Load, RACE!!
34.21	Verse	geadelt ist, wer	4 x 8		Seated Easy	1/2+	↓	Easy	Back away just a little.
34.31	Pre-Chorus	_ein funkenstoß	4 x 8			3/4	↗		As the load comes back, bring yourself closer.
34.41	Chorus	bang bang	3 x 8		Standing Attack	1/1	↗	Mod	Stand and work.
34.49		feuer frei	4 x 8		Seated Attack	1/1		Hard	Sit and fight.
34.59	Inst	feuer frei	5 x 8	Power 1	Power Race	1/1	↗	V Hard	Open body for maximum air.
35.11	Verse	gefährlich ist	4 x 8		Seated Easy	1/2+	↓	Easy	Strip it back to allow recovery.
35.22	Pre-Chorus	_ein funkenstoß	4 x 8			3/4	↗		Gently.
35.31	Chorus	bang bang	3 x 8		Standing Attack	1/1	↗	Mod	2nd phase, let's go.
35.39		feuer frei	4 x 8		Seated Attack	1/1		Hard	
35.49	Inst	feuer frei	5 x 8		Power Race	1/1	↗	V Hard	OPTION: 1/1+
36.02	Verse	gefährlich das	4 x 8		Seated Easy	1/2+	↓	Easy	Back it away.
36.12	Pre-Chorus	_ein funkenstoß	4 x 8			3/4	↗	Mod	Pressure remains close.
36.22	Bridge	[soft]	4 x 8		Seated Recovery	1/4		Easy	
36.32		[builds]	4 x 8	Power 2		1/2+			Round 2. 2 blocks of work.
36.42	Inst	[heavy guitar]	8 x 8		Power Race	1/1	↗	Mod	Tap into breathless.

... continued

Feuer Frei!



37.02	Verse	gead elt ist, wer	4 x 8	Power 2 cont'd	Seated Easy	1/2+	↓	Easy	Reduce if you need.
37.12	Pre-Chorus	_ein funkenstoß	4 x 8		Seated Easy	3/4	↗		Close the gap on your pace.
37.22	Chorus	bang bang	3 x 8		Standing Attack	1/1	↗	Mod	Stand and attack.
37.30		feuer frei	4 x 8		Seated Attack	1/1		Hard	
37.40	Inst	feuer frei	5 x 8		Power Race	1/1	↗	V Hard	OPTION: 1/1+
37.53	Verse	gef ähr lich ist	4 x 8		Seated Easy	1/2+	↓	Easy	Find recovery.
38.03	Pre-Chorus	_ein funkenstoß	4 x 8		Seated Easy	3/4	↗		Under foot, nearly out of breath.
38.13	Chorus	bang bang	3 x 8		Standing Attack	1/1	↗	Mod	Phase 2, hit it hard.
38.21		feuer frei	4 x 8		Seated Attack	1/1		Hard	Get down and drive HARD.
38.31	Inst	feuer frei	5 x 8		Power Race	1/1	↗	V Hard	Breathless
38.43	Verse	gef ähr lich das	4 x 8		Seated Easy	1/2+	↓	Easy	Recovery.
38.53	Pre-Chorus	_ein funkenstoß	4 x 8		Seated Easy	3/4	↗	Mod	Last break is on it's way.
39.03	Bridge	[soft]	4 x 8	Power 3	Seated Recovery	1/4		Easy	Slowing. Hold the load.
39.13	Inst	[build]	4 x 8		Seated Easy	1/2+			Last round is going to be the biggest.
39.24	Chorus	bang bang	3 x 8		Standing Attack	1/1	↗	Mod	Attack 1. 3 Gears this time.
39.31	Reprise	feuer frei	4 x 8		Standing Attack	1/1	↗	Hard	Gear 2.
39.42	Reprise	feuer frei	6 x 8		Standing Attack	1/1	↗	V Hard	Gear 3.
39.57	Outro	[guitar]	1 x 8	Power Race	1/1+		V V Hard	Bring it home!!	

Post Track: Maintain a working resistance, bring your cadence back to a comfortable roll as we move towards our PEAK.

7. Peak 1/1 = 64rpm

Alive (Hardwell Remix)

Krewella

8.17min



Track Focus: I want riders to drive their peak home with great use of load and riding position.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
40.09	Intro	[drum]	4 x 8	Set-Up	Seated Recovery	1/4			3 Peaks to climb.
40.24		[clap]	4 x 8		Seated Climb	1/1	○	Easy	
40.39	Bridge	[fades]	4 x 8	Peak 1	Seated Climb	1/2+			Feel where your peak pressure starts. Feel the road rise under foot. Wide grip, hips back. OPTION: 1/1 3 Gears in this peak.
40.54	Verse	_let's make	8 x 8			3/4	↗	Mod	
41.24	Pre-Chorus	oh , oh	4 x 8		Seated Climb	3/4+	↗		
41.39	Inst	[big melody]	4 x 8		Power Climb	1/1	↗	Mod	
41.54		[building synth]	4 x 8			1/1+		Hard	
42.09	Chorus	[big synth]	12 x 8		Standing Climb	1/1	↗	V Hard	
42.54	Bridge	[fades]	1 x 8	Peak 2	Standing Recovery	1/4			Walk yourself out Bring yourself back. Building the heat. Surge if you want it.
42.58	Verse	meet me	4 x 8			1/2	↓	Easy	
43.13		and I just	4 x 8			3/4			
43.28	Pre-Chorus	oh , oh	4 x 8		Seated Climb	3/4+	↗	Mod	
43.43	Inst	[synth melody]	4 x 8		Seated Climb	1/1	↗	Mod	
43.58		[synth drums]	4 x 8		Power Climb	1/1	↗	Hard	
44.13		[building synth]	4 x 8		1/1+				
44.28	Chorus	[big synth]	12 x 8	Standing Climb	1/1	↗	V Hard		
45.13	Bridge	[fades]	1 x 8	Peak 3	Standing Recovery	1/4			Bring your cadence a little closer.
45.17	Verse	meet me	4 x 8		Standing Recovery	1/2	↓	Easy	
45.32		and I just	4 x 8		Seated Climb	3/4			

... continued

Alive (Hardwell Remix)



45.46	Pre-Chorus	oh, oh	4 x 8		Seated Climb	3/4+	↗	Mod	Pressure on.
46.01	Inst	[synth melody]			Seated Climb	1/1	↗		
46.16		[synth kick drum]			Power Climb	1/1+		Hard	Power phase.
46.32		[stagger synth]	4 x 8	Peak 3 cont'd	Power Climb	1/1	↗		
46.47		[winding synth]	4 x 8		Power Climb	1/1+			Second Chance Surge. Let's Go!
47.02	Chorus	[big synth]	12 x 8		Standing Climb	1/1	↗	V Hard	3 Gears.
47.47	Inst	[clap]	4 x 8		Seated Climb	1/1		V V Hard	Sit down. Fight for your peak.
48.02	Outro	[drum]	4 x 8		Standing Attack	1/1+	↗	V V Hard	One chance. All you got.

Post Track: Back off your working resistance. Find yourself in Seated Recovery.

8. Ride Home 1/1 =104rpm

Ride or Die The Knocks ft Foster The People

4.02min



Track Focus: I want to feel the joy of the ride home, use a short stretch to reinvigorate before we wrap up the journey.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
48.25	Intro	[piano]	4 x 8	Set-Up	Seated Recovery	1/4		Easy	
48.44	Verse	_maybe it's nice	4 x 8	Ride Home 1	Seated Easy	1/2+	○	Easy	Comfortable part of the bars.
49.03	Pre-Chorus	oooh	4 x 8		3/4				Silky smooth.
49.21	Chorus	_we can do this	4 x 8		Racing	1/1	↗	Mod	Slip into race.
49.39	Reprise	[vocals]	4 x 8		1/1				
49.58	Verse	_don't need a license	4 x 8		Seated Easy	1/2+	↓	Easy	Calm and centred.
50.16	Pre-Chorus	ooooh	4 x 8	Ride Home 2		3/4			
50.34	Chorus	_we can do this	4 x 8		Easy Racing	1/1		Mod	Smooth ride. Long body.
50.52		[vocals]	4 x 8		Racing	1/1	↗		Stay under control.
51.11	Bridge	[piano]	4 x 8	Ride Home 3		1/4			Slowing.
51.29	Quiet Chorus	_we can do this	4 x 8		Upright Twist L	Stop	Nil		Legs to a standstill.
51.47	Chorus	_we can do this	4 x 8		Upright Twist R				Lower Back Release.
52.06	Outro	[vocals]	4 x 8		Anterior Opener	Stop	Nil		Reach under your seat. Open Your chest.

... continued

Ride or Die

ASOR 7
A STATE OF RIDE

Post Track: Your ASOR experience is complete. Well done.