

ASOIR

A STATE OF RIDE
RELEASE 9

OFFICIAL INSTRUCTOR CHOREOGRAPHY

ASOR 9

A STATE OF RIDE

- | | | |
|---|-----------------------|-----------------------------------------------------------|
| 1 | Warm-Up | Sunny Days Armin Van Buuren ft Josh Cumbbee |
| 2 | Pace Intervals | Let Me Love You (DAZZ Extended Remix) CALVO |
| 3 | Climbing | Learn To Fly Foo Fighters |
| 4 | Attacks | Crush Pendulum |
| 5 | Race Endurance | Hide & Seek (Tiesto's ISOS Remix) Impogen Heap |
| 6 | Power | Bonfire Knife Party |
| 7 | Peak | Runaway (U & I) (Quintino Remix) Galantis |
| 8 | Ride Home | Cool Again Kane Brown ft Nelly |

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

Choreography Legend

on music tempo	1/1			Establish working pressure
just behind tempo	3/4			Heavy Increase in Pressure
half music beat	1/2			Adjust Pressure
personal pace.	P/P			Reduce Pressure

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

Learn more at www.astateofride.com

1. Warm-Up 1/1 = 115rpm

Sunny Days
Armin Van Buuren

5.00min



Track Focus: I want riders to feel the brightness of our warm-up and to introduce a Personal Pace option.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
0.58	Intro	[soft guitar]	4 x 8	Set-Up	Seated Recovery	1/4			3 rounds to prepare the day.
1.15	Verse	in the morning	4 x 8	Warm-Up 1	Seated Easy	1/2+	○	Easy	Find a relaxed pace and pressure to start.
1.32	Pre-Chorus	no more butterflies	4 x 8		Easy Racing	3/4+	↑	Easy	Feel where the load attaches to the muscles.
1.48	Chorus	oh sunny days	4 x 8		3/4+				Find a connection to the beat.
2.05		oh sunny days	4 x 8		Easy Racing	PP	↗	Easy/Mod	Move to
2.22	Inst	_she keeps on	4 x 8		1/2				Slow a little.
2.38	Bridge	[fades]	1/2 x 8						
2.40	Verse	needs is shelter	4 x 8	Warm-Up 2	Seated Easy	1/2+		Easy	When you slow it feels light.
2.57	Pre-Chorus	no more butterflies	4 x 8		↗				Back onto a little pace.
3.14	Chorus	oh sunny days	4 x 8		Easy Racing	3/4+		Easy/Mod	
3.30		oh sunny days	4 x 8		↗				Relax your grip, loosen the shoulders.
3.47	Inst	_she keeps on	4 x 8		Racing	PP	↗	Mod	Move a little longer.
4.04	Bridge	[fades]	1/2 x 8		1/2				Slowing.
4.06	Verse	needs is shelter	4 x 8	Warm-Up 3	Seated Easy	1/2+			Third round.
4.23	Pre-Ch	no more butterflies	4 x 8		↗	3/4		Easy/Mod	
4.39		oh sunny days	4 x 8		Easy Racing	3/4+	↑	Mod	On the move.
4.56	QC	oh sunny days	4 x 8		↗				Edge Closer to your race pace.
5.13	Inst	_she keeps on	4 x 8		Racing	PP	↗	Mod/Hard	A little uncomfortable.
5.29		_sunny days	4 x 8				PP		

... continued

Sunny Days

5.46

Outro

oh sunny days

2 x 8

Warm-Up 3 cont'd

Seated Easy

1/2+

Hold your pressure, slow down to the half.

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

2. Mixed Pace 1/1 = 124rpm

Let Me Love You (Dazz Remix)

Calvo

6.15min




Track Focus: I want riders to feel confident through use of good working pressure and position.

The Engineer



The Athlete

The Coach

Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
6.03	Intro	[deep beat]	4 x 8	Set-Up	Seated Recovery	1/4			2 Pace efforts, 2 climbs
6.18		[cymbals]	4 x 8						
6.34	Verse	_baby you just don't	4 x 8	Pace 1	Seated Easy	1/2+		Easy	The road meets your feet.
6.50	Pre-Chorus	if I was your man	4 x 8						
7.05	Chorus	let me love you	4 x 8						
7.20	Inst	[melody]	4 x 8						
7.36	Chorus Repeat	let me love you	4 x 8		Racing	PP		Mod/Hard	Personal Pace.. Chase the beat.
7.51	Verse	listen_	4 x 8	Pace 2	Seated Easy	1/2+		Easy	
8.07	Pre-Chorus	if I was your man	4 x 8						
8.22	Chorus	let me love you	4 x 8						
8.38	Inst	[melody]	4 x 8						
8.53	Inst Repeat	[melody]	4 x 8						
9.09	Verse	_baby you just don't	4 x 8	Climb 1	Seated Easy	1/2+		Easy	Slow
9.24	Pre-Chorus	if I was your man	4 x 8						
9.40	Chorus	let me love you	4 x 8						
9.55	Inst	[melody]	4 x 8						
10.11	Chorus Repeat	let me love you	4 x 8						
10.26	Verse	listen_	4 x 8	Climb 2	Standing Recovery	1/4+			
10.42	Pre-Chorus	if I was your man	4 x 8						

... continued

Let Me Love You (Dazz Remix)

10.57	Chorus	let me love you	4 x 8		Standing Climb	1/2		Mod/Hard	
11.13	Inst	[melody]	4 x 8	Climb 2 cont'd				Hard	Feel a natural side-to-side.
11.28	Inst Repeat	[melody]	4 x 8						Keep the weight a little back from the bars
11.43	Outro	[low melody]	8 x 8		Seated Climb	1/2		Hard	OPTION: Standing Climb

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

3. Climbing 1/1 = 67rpm

Learn To Fly

Foo Fighters

6.34min




ASOR 9
A STATE OF RIDE

Track Focus: I want riders to feel strong

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
12.32	Intro	[heavy guitar]	8 x 8	Set-Up	Seated Recovery	1/4			3 phases of work, a double header to end.
13.01	Verse	run and tell	4 x 8	Climb 1	Seated Climb	1/1	○	Easy	Hips back in the saddle.
13.15	Pre-Chorus	hook me up	4 x 8		Standing Climb	1/1	↑	Easy/Mod	When we stand we are strong.
13.29	Chorus	now i'm looking	4 x 8					Mod	Centered.
13.43		now i'm looking	4 x 8				↗	Mod/Hard	
13.57		i'm looking for	3 x 8				↗	Mod/Hard	
14.08	Inst	learn to fly_	4 x 8		Standing Attack	1/1		Hard	Shift a little forward.
14.22	Verse	I think i'm done	4 x 8	Climb 2	Seated Climb	1/1	↓	Easy	As you sit, reduce enough to allow a breather.
14.36	Pre-Chorus	we'll live happily	4 x 8		Standing Climb	1/1	↑	Easy/Mod	
14.50	Chorus	now i'm looking	4 x 8					Mod	Change gear, we are off.
15.04		now i'm looking	4 x 8				↗	Mod/Hard	Find that smooth pedal.
15.18		i'm looking for	3 x 8				↗	Mod/Hard	
15.29	Inst	learn to fly_	8 x 8		Standing Attack	1/1		Hard	OPTION: 1/1+
15.50	Verse	I think i'm done	4 x 8	Climb 3	Seated Climb	1/1	↓	Easy	Reduce to flush the muscles.
16.04	Pre-Chorus	we'll live happily	4 x 8		Standing Climb	1/1	↑	Easy/Mod	Back to back climbs coming.
16.18	Chorus	now i'm looking	4 x 8					Mod	You should feel strong.
16.32		now i'm looking	4 x 8				↗	Mod/Hard	
16.46		i'm looking for	4 1/2 x 8				↗	Mod/Hard	
17.02	Bridge	fly with me	6 x 8		Seated Climb	1/1		Hard	Sit and work.

... continued

Learn To Fly

17.23	Chorus	now i'm looking	4 x 8		Standing Climb			Hard	Working for every pedal stroke now.
17.38		now i'm looking	4 x 8						
17.52		i'm looking for	3 x 8	Climb 4	Seated Climb	1/1		V Hard	
18.02	Reprise	i'm looking to	11 x 8		Standing Climb	1/1			
18.37	Outro	learn to_	3 x 8		Standing Attack	1/1+		V V Hard	Take the climb.

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

4. Attacks 1/1 = 87rpm

Crush Pendulum

8.05min



Track Focus: I want riders to feel the explosiveness of the 2 short attacks at the start and end of each round.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
19.28	Intro	[low melody]	4 x 8	Set-Up	Seated Recovery	1/1		Easy	
19.39	Inst	[beat & melody]	8 x 8		Seated Easy	3/4	○		Jump on board this runaway train.
20.01	Verse	I was running	2 x 8		Standing Attack	1/1	↑	Mod	Short burst. Up and forward.
20.07		to runaway	2 x 8		Seated Attack	1/1			Sit and stay ahead.
20.12		all my fear	2 x 8		Standing Attack	1/1	↗	Hard	Light arms, out of the saddle.
20.18		you can't be me	2 x 8		Seated Attack	1/1			
20.23	Inst	[soft melody]	4 x 8	Attack 1	Time Trial	1/1	↗	Hard	Centre Bars, shoulders away from your ears.
20.34	Verse	I was wandering	2 x 8		Standing Attack	1/1	↑	Hard	Second block. Let's go.
20.40		no control	2 x 8		Seated Attack	1/1			
20.45		when I thought	2 x 8		Standing Attack	1/1	↗	V Hard	
20.51		feel so guilty	2 x 8		Seated Attack	1/1			
20.56	Upbeat	creatures I've been	8 x 8		Power Race	1/1	↗	V Hard	Stay long and strong.
21.18	Bridge	[fades]	8 x 8		Seated Easy	1/2+	↓		Reduce. Get your air in.
21.41	Inst	[beat & melody]	8 x 8		Seated Easy	1/1		Easy/Mod	Hook back in. Time to play catch up.
22.03	Verse	I was running	2 x 8		Standing Attack	1/1	↑	Mod/Hard	Up and Go.
22.08		to runaway	2 x 8	Attack 2	Seated Attack	1/1			
22.14		all my fear	2 x 8		Standing Attack	1/1	↗	Hard	Chest open. Eyes up.
22.19		you can't be me	2 x 8		Seated Attack	1/1			
22.25	Inst	[low melody]	4 x 8		Time Trial	1/1	↗	Hard	Inside. Use this to move ahead.

... continued

Crush

22.36	Verse	I was wandering	2 x 8	Attack 2 cont'd	Standing Attack	1/1		Hard	Rider 2... take the pass.
22.41		no control	2 x 8		Seated Attack	1/1			
22.47		when I thought	2 x 8		Standing Attack	1/1		Hard'	Get up, get out,GO
22.52		feel so guilty	2 x 8		Seated Attack	1/1			
22.58	Upbeat	creat ures I've been	8 x 8		Power Race	1/1		V Hard	Eyes forward. Very uncomfortable.
23.20	Bridge	[fades]	8 x 8	Seated Easy	1/2+			Relax.	
23.42		the night mares	8 x 8	Seated Easy	1/2		Easy	Let it just turn slowly.	
24.04	Inst	[beat & melody]	8 x 8	Time Trial	1/1		Mod	One more round. Feel the heat.	
24.26	Verse	I was wandering	2 x 8	Standing Attack	1/1		Mod/Hard	Pressure is on,.	
24.32		no control	2 x 8	Seated Attack	1/1				
24.37		when I thought	2 x 8	Standing Attack	1/1		Hard		
24.43		feel so guilty	2 x 8	Seated Attack	1/1				
24.48	Upbeat	creat ures I've been	8 x 8	Power Race	1/1		V Hard	Reduce a little to take us to the last round.	
25.10	Inst	[low melody]	8 x 8	Time Trial	1/1		Mod/Hard		
25.32	Verse	I was breaking	2 x 8	Standing Attack	1/1		Hard		Last one.
25.38		I'm in no state	2 x 8	Seated Attack	1/1				Heavy and down.
25.44		scratching itches	2 x 8	Standing Attack	1/1		Hard		
25.49		I can't wait	2 x 8	Seated Attack	1/1				
25.55	Upbeat	creat ures I've been	8 x 8	Power Race	1/1		V Hard	Breathless finish.	
26.16	Bridge	[fades]		Seated Easy	1/2				

... continued

Crush

26.39 Outro the **night**mares 16 x 8

Attack 3 cont'd Seated Recovery 1/4



Let the legs roll over smooth.

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

Track Focus: I want riders to find their expression of race pace through the use of a personal pace measure.

The Engineer				The Athlete					The Coach			
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity				
27.41	Intro	[soft beat]	8 x 8	Set-Up	Seated Recovery	1/4	○	Easy	3 rounds. Your pace is YOUR PLACE.			
28.10		[hi-hat]	4 x 8		Seated Easy	1/2+						
28.25		[low bassline]	12 x 8		Easy Racing	3/4				Easy/Mod		
29.09		[low melody]	8 x 8		Racing	PP						
29.39	Verse	where are we	8 x 8	Race 1	Seated Easy	1/2+	↗	Easy	A calm mind.			
30.08		spin me 'round	8 x 8		Easy Racing	3/4				Easy/Mod	Enough load to feel the muscles engage.	
30.38	Chorus	oily marks	8 x 8							Mod		Long and fast.
31.08		[soft melody]	8 x 8							PP		
31.37	Reprise	hide and seek	8 x 8				Hard	Working to hold your pressure.				
32.07	Verse	oily marks	8 x 8	Race 2	Easy Racing	1/2+	↗	Mod	You'll find a little recovery by slowing down.			
32.36	Inst	[synth melody]	8 x 8		Racing	PP				Mod/Hard		
33.05		[soft melody]	8 x 8		Time Trial	PP				Hard	Slide inside. Slip ahead.	
33.20	Bridge	hide and seek	8 x 8		Seated Recovery	1/4+		Easy				
33.50	Inst	[soft melody]	8 x 8	Race 3	Seated Easy	1/2+	↗	Easy/Mod	Gently.			
34.19		hide and seek	8 x 8		Seated Easy	3/4				Easy/Mod	Building what you need.	
34.49		[big melody]	8 x 8		Racing	PP				Mod		
35.19		[fading melody]	8 x 8								Hard	Your magic minute.
35.48	Outro	[low beat]	4 x 8		Time Trial	PP		V Hard	Lock it inside, hold it 30 seconds.			

... continued

Hide & Seek (Tiesto's ISOS Remix)

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

6. Power 1/1 = 87rpm

Bonfire
Knife Party

6.36min



Track Focus: I want riders to feel a hard working pressure in the Power Attack position.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
36.19	Intro	[reggae beat]	4 x 8	Set-Up	Seated Recovery	1/4			3 BIG ROUNDS.
36.31	Verse	do not burn girl	8 x 8		Seated Easy	1/2+	○	Easy	Enough resistance to feel control.
36.53	Pre-Chorus	[heavy synth]	4 x 8			3/4	↑	Mod	Feel where the load pushes back.
37.04		[building synth]	4 x 8			3/4+			We are on the move.
37.15	Chorus	[big synth]	4 x 8		Power Attack	1/1	↗	Mod/Hard	Turn, rise, run.
37.26		[big synth]	4 x 8	Power 1	Power Race	1/1		Hard	Sit. Grind.
37.37	Inst	[heavy horns]	8 x 8		Power Race	1/1	↗	V Hard	
37.59	Chorus	[big synth]	4 x 8		Power Attack	1/1	↗	Hard	Top and Tail.
38.10		[big synth]	4 x 8		Power Race	1/1		V Hard	
38.21	Reprise	do not burn girl	8 x 8					↗	V V Hard
38.43	Bridge	[fades]	4 x 8		Seated Easy	1/2+	↓	Easy	Turn down the insanity.
38.54	Verse	do not burn girl	4 x 8		Seated Easy				
39.05		no do not burn	4 x 8			3/4+	↑	Mod/Hard	Bring on what you took off.
39.16	Chorus	[big synth]	4 x 8		Power Attack	1/1	↗	Mod/Hard	Double header. Let's Go.
39.27		[big synth]	4 x 8	Power 2	Power Race	1/1		Hard	In the saddle, now work.
39.38		[heavy horns]	8 x 8		Power Race	1/1	↗	V Hard	Tune to perfection.20 seconds.
40.00	Chorus	[big synth]	4 x 8		Power Attack	1/1	↗	Hard	Attack to the break.
40.11		[big synth]	4 x 8		Power Race	1/1		V Hard	
40.22	Reprise	do not burn girl	8 x 8		Power Race	1/1	↗	V V Hard	Take yourself to breathless.

... continued

Bonfire

40.44	Bridge	[fades]	4 x 8	Power 2 cont'd	Seated Easy	1/2+	↓	Easy	Let it go... get your air back in...					
40.55	Verse	do not burn girl	4 x 8	Power 3										
41.06		no do not burn	4 x 8											
41.17	Chorus	[big synth]	4 x 8							Power Attack	1/1	↗	Mod/Hard	Get up, get out. go HARD
41.28		[big synth]	4 x 8							Power Race			Hard	Sit. Drive forward.
41.40		[heavy horns]	8 x 8							Power Race		↗	V Hard	C'mon you're so close.
42.01	Chorus	[big synth]	4 x 8							Power Attack	1/1	↗	Hard	Finish with your best.
42.12		[big synth]	4 x 8							Power Race			V Hard	
42.24	Reprise	do not burn girl	8 x 8							Power Race		↗	V V Hard	Fight for the finish. Breathless.

Post Track: Maintain working resistance, bring your cadence back to a comfortable roll as you approach your final PEAK.

Track Focus: I want riders to feel the exhilaration of their final peak track.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
43.08	Intro	[low beat]	8 1/2 x 8	Set-Up	Seated Recovery	1/4			3 peaks, each with 3 levels to climb.
43.41	Verse	_think I can fly	8 x 8		Seated Easy	1/2+	○		Find a steady base of support.
44.14	Pre-Chorus	I want to run away	4 x 8		Seated Climb	3/4	↑	Easy/Mod	Slip your climbing pressure back on.
44.29		just you and I	4 x 8			3/4+			Moving closer to pace.
44.44	Chorus	[big beat]	4 x 8	Peak 1	Standing Climb	1/1	↗	Mod/Hard	Gear 1. Open and rise.
44.59		[big beat]	4 x 8				↗	Hard	Gear 2 takes your breathe away.
45.14		[big beat]	4 x 8				↗	V Hard	Gear 3 let's you fly.
45.29		[fades]	2 x 8		Standing Recovery	1/2			Walk to recover.
45.37	Verse	_I wanna run	4 x 8		Seated Climb	1/2+	↓	Easy/Mod	Sit and reduce to find that calm place.
45.52		_I know that I'm	4 x 8						
46.07	Pre-Chorus	I want to run away	4 x 8		Seated Climb	3/4	↑	Easy/Mod	If you want to runaway, show it.
46.22		just you and I	4 x 8	Peak 2		3/4+			Prep for your second.
46.37	Chorus	[big beat]	4 x 8		Standing Climb	1/1	↗	Mod/Hard	Part 1 is uncomfortable.
46.52		[big beat]	4 x 8				↗	Hard	Number 2 is a challenge.
47.07		[big beat]	4 x 8				↗	V Hard	Number 3 has the reward at the top.
47.22		[fades]	2 x 8		Standing Recovery	1/2		Easy	
47.29	Verse	_I wanna run	4 x 8		Seated Climb	1/2	↓	Easy/Mod	Sit, reduce.
47.44		_I know that I'm	4 x 8	Peak 3					Last round.
47.59	Pre-Chorus	I want to run away	4 x 8		Seated Climb	3/4	↑	Easy/Mod	It's what you do now that matters.

... continued

Runaway (U & 1) (Quintino Remix)

48.14		just you and I	4 x 8			3/4+				Bring me your best effort.
48.29	Chorus	[big synth]	4 x 8		Standing Climb	1/1		Mod/Hard		90 seconds of PURE MAGIC.
48.44		[big synth]	4 x 8	Peak 3 cont'd				Hard		Breathing is hard.
48.59		[big synth]	4 x 8					V Hard		This is your biggest.
49.14		[melody]	8 x 8		Power Attack	1/1+		V V Hard		Finish with your best!! Surge the peak.

Post Track: Reduce working resistance, bring your cadence back to a comfortable roll and move back to the saddle for the Ride Home.

8. Ride Home 1/1 = 90rpm

Cool Again Kane Brown ft Nelly

3.43min



Track Focus: I want riders to use this track to bring themselves back to calm and celebrate a great workout.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	
50.12	Intro	[plucky guitar]	2 x 8	Set-Up	Seated Recovery	1/4			
50.23	Verse	I've been thinking	4 x 8		Seated Easy	1/2+	○		Time to ride it home.
50.44	Chorus	be cool again	4 x 8	Ride Home 1	Easy Racing	PP		Easy	
51.06	Bridge	[plucky guitar]	1 x 8		Seated Easy	3/4			
51.11	Verse	do you ever	4 x 8			1/2+			Relaxed on the bars.
51.32	Chorus	be cool again	4 x 8	Ride Home 2	Easy Racing	PP		Easy	
51.54	Bridge	[plucky guitar]	1 x 8		Seated Easy	3/4			
51.59	Verse	do you ever	4 x 8			1/2+			Last one.
52.20	Chorus	be cool again	4 x 8	Ride Home 3	Easy Racing	PP		Easy	
52.42	Reprise	yo, cool again	4 x 8	Stretch	Transition	STOP			
52.52	Verse	I need you so	4 x 8		CHEST OPENER	N/A			
53.03	Bridge		1 1/4 x 8						
53.09	Chorus	be cool again	4 x 8		TWIST L	N/A			
53.30	Outro	[melody]	4 x 8		TWIST R	N/A			

... continued

Cool Again

Post Track: Celebrate an amazing workout.