

ASOR

**A STATE OF RIDE
RELEASE 3**

OFFICIAL INSTRUCTOR CHOREOGRAPHY

ASOR

RELEASE 3

Track	Profile	Title	Artist
1	Warm-Up	Now Or Never (R3hab Remix)	Halsey
2	Mixed Pace	Calypso Beach	Northeast Party House
3	Climbing	Sofi Needs A Ladder	Deadmau5
4	Attacks	Blinding Lights	The Weeknd
5	Speed Endurance	Alone (Extended Mix)	Cosmic Gate
6	Power	Feeling Stronger (High Maintain	Muzz
7	Peak	Outside (Hardwell Remix)	Ellie Harris feat Ellie Goulding
8	Ride Home	Fix You	Cold Play

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

1. Warm-Up 1/1 = 104rpm

Now Or Never (R3hab Remix)
Halsey

Track Focus: I want riders to use the upbeat and fun energy to prep for their ride.

The Engineer				The Athlete					The Coach
Time	Music	Reference	Cts	Sequence	Position	Tempo	Load	Intensity	Options & Cues
1.33	Intro	wanna fight right now	4 x 8	Set-Up	Seated Recovery	1/4			
1.51		never pick up	4 x 8		Seated Easy	1/2+	○	Easy	Find a base level pressure.
2.10	Pre-Chorus	love me now , now	4 x 8	Warm-Up 1		1/2	↗	Easy/Mod	As load goes up, legs slow.
2.28		keep you around	4 x 8			3/4			
2.46	Chorus	[big melody]	4 x 8		Racing	PP	↗	Mod	On the move.
3.05	Verse	off the light right now	4 x 8		Seated Easy	1/2	↓	Easy	Reduce a little.
3.23		never pick up	4 x 8	Warm-Up 2		1/2+	↗	Easy/Mod	Pressure builds. Bringing up your cadence. OPTION: 1/1
3.41	Pre-Chorus	love me now , now	4 x 8			1/2	↗	Mod	
3.59		keep you around	4 x 8			3/4			
4.18	Chorus	[big melody]	4 x 8		Racing	PP	↗	Mod	
4.36	Verse	off the light right now	4 x 8		Seated Easy	1/2	↓	Easy	One more round.
4.54		never pick up	4 x 8	Warm-Up 3		1/2+	↗	Easy/Mod	Establish your final round.
5.12	Pre-Chorus	love me now , now	4 x 8			1/2	↗	Mod	
5.31		keep you around	4 x 8			3/4			
5.49	Chorus	[big melody]	4 x 8		Racing	PP	↗	Mod	

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

2. Mixed Pace 1/1 = 122rpm

Calypso Beach
Northeast Party House

Track Focus: I want riders to enjoy the cruisey beat as they work up tpwards race pace.

The Engineer				The Athlete					The Coach
Time	Music	Reference	Cts	Sequence	Position	Tempo	Load	Intensity	Options & Cues
6.14	Intro	[soft melody]	4 x 8		Seated Recovery	1/4			
6.30	Verse	only , only for a second	4 x 8	Set-Up		1/4+	○		Use the relaxed feel here.
6.46		_feels like when you	4 x 8			1/2			
7.01	Q Chorus	calypso beach	8 x 8		Seated Easy	1/2+	↗	Easy/Mod	Calm pressure. Round 1
7.33	Verse	outlines , changing	4 x 8		Seated Easy	3/4			
7.49	Pre-Chorus	_feels like when	4 x 8	Pace 1		3/4+	↗	Mod	Aim for 1/1
8.04	Chorus	calypso beach	8 x 8			Racing	PP	↗	
8.36	Verse	outlines , changing	4 x 8		Seated Easy	1/2+	↓	Easy	Reduce pressure. What goes off goes on. A little uncomfortable.
8.52	Pre-Chorus	_feels like when	4 x 8	Pace 2		3/4+	↗	Mod	
9.07	Chorus	calypso beach	8 x 8			Racing	PP	↗	Mod/Hard
9.39	Bridge	[low melody]	4 x 8		TRANSITION	1/4+			SLOW. More load to start your climb. OPTION: add each 4 x 8
9.54		[soft melody]	8 x 8	Climb 1	Seated Climb	1/2	↗	Mod	
10.26	Chorus	calypso beach	12 x 8			Standing Climb	1/2	↗	Mod/Hard
11.13	Bridge	[low melody]	4 x 8		TRANSITION	1/4+			Slow, make your way back. Last round. OPTION: 2 gears each 4 x 8
11.29		[soft melody]	8 x 8	Pace 3	Seated Easy	3/4	↓	Easy/Mod	
12.00	Chorus	calypso beach	12 x 8			Racing	PP	↗	Mod/Hard
12.48	Outro	[fades]	2 x 8		Seated Easy	1/2+			

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

3. Climbing 1/1 = 63rpm

Sofi Needs A Ladder

Deadmau5

Track Focus: I want riders to find thier great climbing positions alongside this heavy beat.

The Engineer				The Athlete					The Coach	
Time	Music	Reference	Cts	Sequence	Position	Tempo	Load	Intensity	Options & Cues	
13.32	Intro	[drum beat]	8 x 8	Set-Up	Seated Recovery	1/4	○	Easy/Mod	Test the load. Test the legs.	
14.03	Inst	[deep synth]	8 x 8		Standing Climb	1/1	↗	Mod		
14.33	Verse	_let's play musical	8 x 8	Climb 1	Seated Climb	1/1	↘	Easy	Stay seated for the work.	
15.03	Pre-Chorus	_you're just too sweet	8 x 8		Standing Climb	1/1	↗	Easy/Mod		
15.33	Inst	[deep synth]	4 x 8		Power Climb	1/1	↗	Mod		
15.48	Chorus	drop you like a	4 x 8		Standing Climb	1/1	↗	Mod/Hard		
16.03	Bridge	drop you like a	8 x 8		Standing Recovery	1/4+			Walk and recover.	
16.33		[deep synth]	8 x 8	Climb 2	Seated Climb	3/4	↘	Easy/Mod	Feel it lift the heartrate. Hips slide back. OPTION: adjust each 4 x 8 OPTION: Seated Attack	
17.03	Verse	_let's play musical	8 x 8		Seated Climb	1/1				
17.33		_you're just too sweet	8 x 8				1/1	↗		Mod
18.03	Inst	[deep synth]	4 x 8		Power Climb	1/1		↗		Mod/Hard
18.18	Chorus	drop you like a	12 x 8		Standing Climb	1/1		↗		Hard
19.03	Outro	[synth]	8 x 8		Standing Attack	1/1+				V Hard

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

4. Attacks 1/1 = 84rpm

Blinding Lights
The Weeknd

Track Focus: I want riders to find the fun in the attacks.

The Engineer				The Athlete					The Coach
Time	Music	Reference	Cts	Sequence	Position	Tempo	Load	Intensity	Options & Cues
20.00	Intro	[drum beat]	2 x 8	Set-Up	Seated Recovery	1/4			
20.05	Inst	[melody]	4 x 8		Seated Easy	3/4	○	Easy	
20.17	Verse	I've been tryna call	8 x 8	Attack 1	Seated Easy	1/2+			
20.35	Pre-Chorus	_Sin City's cold	4 x 8		3/4	↗	Easy/Mod		
20.50	Chorus	I said oooh i'm blinded	4 x 8		Standing Attack	1/1	↗	Mod	
21.01		oooh i'm drowning	4 x 8		Seated Attack	1/1			
21.13	Inst	[melody]	4 x 8		Racing	PP	↗	Mod/Hard	
21.24	Verse	I'm running out of time	4 x 8	Attack 2	Seated Easy	1/2+	↓	Easy	
21.36	Pre-Chorus	_the city's cold	4 x 8		3/4	↗	Easy/Mod		
21.47	Chorus	I said oooh i'm blinded	4 x 8		Standing Attack	1/1	↗	Mod	
21.58		oooh i'm drowning	4 x 8		Seated Attack	1/1			
22.09	Inst	[melody]	4 x 8		Racing	PP	↗	Mod/Hard	
22.20	Verse	I'm running out of time	8 x 8	Attack 3	Seated Easy	1/2+	↓	Easy	
22.43	Pre-Chorus	_Sin City's cold	4 x 8		3/4	↗	Easy/Mod		
22.54	Chorus	I said oooh i'm blinded	4 x 8		Standing Attack	1/1	↗	Mod/Hard	
23.05		oooh i'm drowning	4 x 8		Seated Attack	1/1			
23.16	Reprise	calling back to let you	4 x 8		Racing	1/1			
23.28	Chorus	I said oooh i'm blinded	4 x 8		Standing Attack	1/1	↗	Hard	Short attack to breathless.
23.39	Inst	[melody]	8 x 8		Racing	1/1	↗	V Hard	Let's go!
24.01	Q Chorus	I said oooh i'm blinded	4 x 8		Seated Easy	1/4+			RECOVER
24.13	Verse	I'm running out of time	4 x 8	Attack 4	Seated Easy	1/2+	↓	Easy	
24.24	Pre-Chorus	_Sin City's cold	4 x 8		3/4	↗	Mod		
24.38	Chorus	I said oooh i'm blinded	4 x 8		Standing Attack	1/1	↗	Mod/Hard	
24.46		oooh i'm drowning	4 x 8		Seated Attack	1/1			
24.58	Reprise	calling back to let you	4 x 8		Racing	PP	↗	Hard	
25.09	Chorus	I said oooh i'm blinded	4 x 8		Standing Attack	1/1	↗		
25.20	Inst	[melody]	8 x 8		Racing	1/1		V Hard	
25.43	Outro	I said oooh i'm blinded	4 x 8			1/1+	↗	V V Hard	OPTION: PP

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

5. Race Endurance 1/1 = 126rpm

Alone (Extended Mix) Cosmic Gate

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Track Focus: I want riders to search for their personal race pace within the extended instrumentals.

The Engineer				The Athlete					The Coach
Time	Music	Reference	Cts	Sequence	Position	Tempo	Load	Intensity	Options & Cues
26.02	Intro	[low beat]	4 x 8		Seated Recovery	1/4+			
26.17		[rising melody]	4 x 8	Set-Up		3/4	○	Easy/Mod	
26.33	Bridge	[fades]	4 x 8			PP			
26.46	Verse	_can't breath	8 x 8		Seated Easy	1/2+		Easy	
27.17	Pre-Chorus	(soft vocals)	4 x 8			1/2	↗		
27.32		[soft melody]	4 x 8			1/2+			
27.47		[heavy snare]	8 x 8	Race 1		3/4	↗	Easy/Mod	
28.17	Chorus	[big melody]	16 x 8		Racing	PP	↗	Hard	On the move. OPTION: load each 4 x 8
29.17		[fades]	1 x 8		Seated Recovery	1/4+			
29.21	Bridge	[soft piano]	4 x 8		Seated Recovery	1/4+	↓	Easy	Push away from the bars.
29.36	Verse	_slow down	8 x 8		Seated Easy	1/2+			
30.06	Pre-Chorus	_I don't wanna meet	4 x 8			1/2	↗	Easy/Mod	
30.21		_cause you're the only	4 x 8			1/2+			
30.36		[soft drum]	4 x 8	Race 2		3/4	↗	Mod	
30.51		[building snare]	4 x 8			3/4+	↗		Building tension.
31.06	Chorus	[big melody]	16 x 8		Racing	PP	↗	Hard	Let's Go!
32.06	Outro	[low beat]	8 x 8		Time Trial	1/1+		V Hard	OPTION: PP

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

Track Focus: I want riders to enjoy the depth of the sound as they explore their race pace.

The Engineer				The Athlete					The Coach
Time	Music	Reference	Cts	Sequence	Position	Tempo	Load	Intensity	Options & Cues
32.43	Intro	_wasting time	8 x 8	Set-Up	Power Attack	1/4+			
33.05		_finally I feel	8 x 8				1/2+	○	Easy
33.27	Pre-Chrous	ooh ooh ooh	8 x 8	Power 1	Seated Easy	3/4	↗	↗	Easy/Mod
33.49	Chorus	[big inst]	4 x 8		Standing Power	1/1		↗	Mod/Hard
34.00		[big inst]	4 x 8		Seated Power	1/1			Hard
34.11	Reprise	ooh ooh ooh	8 x 8				1/1		
34.33		[synth]	8 x 8				1/1+	↗	V Hard
34.55	Bridge	[soft melody]	8 x 8		Seated Recovery	1/2+	↓	↘	Easy
35.17	Pre-Chrous	ooh ooh ooh	8 x 8	Power 2	Seated Easy	3/4	↗	↗	Easy/Mod
35.39	Chorus	[big inst]	4 x 8		Standing Power	1/1		↗	Mod/Hard
35.50		[big inst]	4 x 8		Seated Power	1/1			
36.01	Reprise	ooh ooh ooh	8 x 8				1/1	↗	Hard
36.23		[synth]	8 x 8				1/1+	↗	V Hard
36.45	Bridge	[soft melody]	8 x 8		Seated Recovery	1/2+	↓	↘	Easy
37.07	Pre-Chrous	ooh ooh ooh	8 x 8	Power 3	Seated Easy	3/4	↗	↗	Easy/Mod
37.29	Chorus	[big inst]	4 x 8		Standing Power	1/1		↗	Mod/Hard
37.40		[big inst]	4 x 8		Seated Power	1/1			
37.51	Reprise	ooh ooh ooh	8 x 8				1/1	↗	Hard
38.12		[synth]	8 x 8				1/1+	↗	V Hard
38.34	Bridge	[soft melody]	8 x 8		Seated Recovery	1/2+	↓	↘	Easy
38.56	Pre-Chrous	ooh ooh ooh	8 x 8	Power 4	Seated Easy	3/4	↗	↗	Easy/Mod
39.18	Chorus	[big inst]	4 x 8		Standing Power	1/1		↗	Mod/Hard
39.29		[big inst]	4 x 8		Seated Power	1/1			
39.40	Reprise	ooh ooh ooh	8 x 8				1/1	↗	Hard
40.02		[synth]	8 x 8				1/1+	↗	V Hard
40.25	Outro	[fades]	2 x 8		Seated Recovery	1/2+			Slow the legs, hold the load.

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

7. Peak 1/1 = 64rpm

Outside (Hardwell Remix)
Calvin Harris feat Ellie Goulding

Track Focus: I want riders to climb towards their highest peak.

The Engineer				The Athlete					The Coach	
Time	Music	Reference	Cts	Sequence	Position	Tempo	Load	Intensity	Options & Cues	
40.42	Intro	[soft beat]	4 x 8		Seated Recovery	1/4+				
40.57		[drum beat]	4 x 8	Set-Up	Seated Climb	1/1	○			
41.12		[drum roll]	4 x 8		Power Climb	1/1+	↗	Mod/Hard		
41.27		[fades]	1 x 8				1/2			
41.31	Verse	_look at what you've	4 x 8		Seated Easy	1/2+	↓	Easy		
41.46		_now i'm holding on	4 x 8			1/2+				
42.01	Pre-Chrous	oh- ah , oh-ah	4 x 8	Peak 1		3/4	↗	Mod		
42.16		[melody]	4 x 8			3/4	↗	Mod/Hard		
42.31		_i'll show you	4 x 8				3/4+			
42.46		[building drum]	4 x 8			Power Climb	1/1+	↗	Hard	Moving a little quicker. OPTION: PP
43.01	Chorus	[big synth]	16 x 8			Standing Climb	1/1	↗	Hard	
44.01	Bridge	[fades]	1 x 8		Standing Recovery	1/2+			Slow, walk, breathe.	
44.04	Verse	_so you give me	4 x 8		TRANSITION	3/4	↓	Easy		
44.19		_now i'm holding on	4 x 8	Peak 2		3/4				
44.34	Pre-Chrous	oh- ah , oh-ah	4 x 8				3/4	↗	Mod	
44.50		[building drum]	4 x 8			Power Climb	1/1+	↗	Hard	
45.04	Chorus	[big synth]	16 x 8			Standing Climb	3/4+	↗	V Hard	
46.04	Bridge	[fades]	1 x 8		Standing Recovery	1/1+				
46.08	Verse	_so you give me	4 x 8	Peak 3		3/4	↓	Easy	Make your way back.	
46.23		_now i'm holding on	4 x 8			Seated Climb	3/4	↗	Mod	
46.38	Pre-Chrous	oh- ah , oh-ah	4 x 8				3/4	↗	Mod/Hard	
46.53		[building drum]	4 x 8			Power Climb	1/1+		Hard	
47.08	Chorus	[big synth]	16 x 8			Standing Climb	1/1	↗	V Hard	
48.08		[soft melody]	4 x 8			Seated Climb	1/1			
48.23	Outro	[fading melody]	4 x 8			Standing Attack	1/1+	↗	V V Hard	OPTION: PP

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

8. Ride Home 1/1 = 70rpm

Fix You
Cold Play

Track Focus: I want riders to enjoy the ride home with a crew to be inspired by.

The Engineer				The Athlete					The Coach
Time	Music	Reference	Cts	Sequence	Position	Tempo	Load	Intensity	Options & Cues
48.47	Intro	[soft melody]	8 x 8	Set-Up	Seated Recovery	1/4			
49.14	Verse	when you try	8 x 8		Seated Easy	PP	○	Easy	
49.42		when the tears	8 x 8	Ride Home 1		PP			
50.10	Pre-Chorus	_lights will guide	8 x 8			PP	↗	Easy/Mod	
50.43	Verse	well high up above	8 x 8	Ride Home 2	Seated Easy	PP	↘	Easy	
51.11	Pre-Chorus	_lights will guide	4 x 8			PP	↗	Easy/Mod	
51.32		[guitar]	8 x 8		TRANSITION	STOP			
51.59	Inst	[drums]	8 x 8		Chest Opener	N/A			
52.26	Reprise	tears stream	8 x 8	Stretch	Seated Twist L	N/A			
52.54		tears stream	8 x 8		Seated Twist R	N/A			
53.21	Outro	_lights will guide	8 x 8		Overhead Stretch	N/A			

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