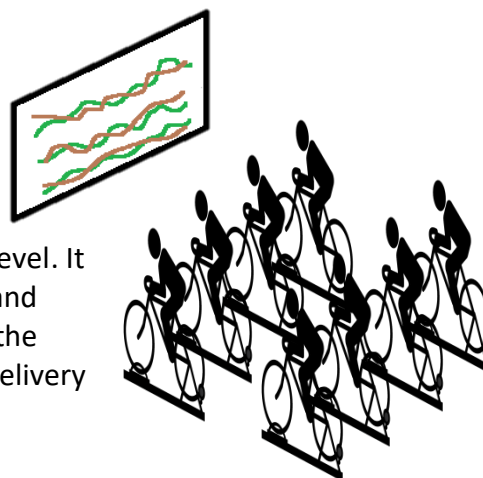




FAQ: Moxy Cycling-Studio

What is Moxy Cycling?

Moxy Cycling is an advanced protocol for training, recovery and performance for cyclists. The protocol is based on the Moxy Monitor, a wearable device that delivers physiologic information on Oxygen at the muscle level. It is quickly becoming a new standard. Adaptable to power and often integrated into training programs as a replacement, the Moxy helps athletes train more effectively by identifying Delivery and Utilization limiters.



What is a Moxy Cycling Studio?

Moxy Cycling Studio is the Oxygen based physiologic testing and training package that integrates into your indoor cycling services offering. Core to the program is the Moxy Monitor (Moxy), a NIRS wearable device, that helps trainers and coaches identify the physiologic system that limits their clients' racing performance.

What is a Moxy Monitor?

Moxy is a small, wearable sensor that utilizes infrared light to continuously monitor oxygen saturation (SmO_2) levels in the muscles of athletes while they exercise. It is designed to measure the percentage of hemoglobin-and-myoglobin carrying oxygen in the capillaries and cells of muscle tissue, where oxygen is consumed to produce energy. The accurate, real time measurements produced by Moxy are fundamental to improving athletic performance. Oxygen is the fuel that drives the muscle and is constantly changing.

How does the Moxy Monitor work?

In simple terms, the Moxy utilizes a patented algorithm to measure the oxygen levels deep within exercising muscle tissue. Moxy measures SmO_2 non-invasively and in real-time and is totally portable, so an athlete can use it anywhere. Moxy provides accurate SmO_2 data that is highly useful in guiding exertion levels during exercise to keep muscles in the desired metabolic state.

I rely on power, especially FTP, to direct my classes. Does Moxy work with power? If so how?

FTP can be thought of as performance based zoning tool that is sometimes called a marker metric. An athlete's power rating is a measure of output – it is not physiologically based – and acts to describe the output of the sum total of an athlete's effort. Often when training with power, calculations are required to approximate training zones.

The Moxy provides physiologic based information on the oxygen that an athlete uses at the muscle level to drive power. Requiring no conversion calculations, the information provided by the Moxy is a direct measurement of what's happening inside the athlete and identifies which physiologic system, i.e., respiratory, cardiac, or muscular, is preventing or limiting the athlete from reaching higher power outputs.

Using Moxy data in conjunction with traditional power and even heart rate zones allows coaches to better understand their client's performance limiters and more importantly how to train those limiters based on the individual's physiology.

What is its value to my clients?

The Moxy provides insight into the physiological limiters of your athletes and the associated protocols will ensure they are training the right system at the right time in the most efficient manner. Athletes that commit to an Indoor Cycling regimen, whether in season or during the winter months, expect to see improvements and they use power – particularly their FTP –to measure progress. As a marker metric, power can do little to tell you what is holding back your cyclist's performance and training based on calculated averages does little to attack your individual client's limitations.

In contrast, the individual physiological data provided by the Moxy ensures that each client in your class is maximizing his or her time and effort. Don't worry; we've adapted individual Moxy protocols to a multi-seat environment.

How will Moxy Studio help my business?

Moxy provides a clear training differentiator. As a business person and especially one in the fitness space, you know that performance in and of itself is a differentiator. Using Moxy to help athletes at all levels understand what aspects of their physiology are limiting their performance will set you apart; helping create new sources of revenue with the increase in prospective clients and potentially higher fees.

Additionally, as a Certified Training Center, you will have access to product discounts, marketing support, ongoing training, and engage with a network of likeminded business people globally.

What training programs is Moxy Indoor compatible with?

Moxy Studio works with centers that use Computrainer, Wahoo Kickr, Tacx, PerfPro, PeriPedal, Golden Cheetah, Sport Track, Garmin and many more. (Not on the list – give us a call).

How will I be trained?

Training will be provided by direct support from Moxy's technical and physiological staff and partners. Also, we've developed an online video training program at Moxy Academy that delivers complete information on set-up, implementation and ongoing protocol support. The core of our Physiological Training has been Certified for CEU's by both USA Cycling Coaching & USA Triathlon.

How will I be supported?

Our commitment is to ensure that your business operations run smoothly. We have set up direct access to our staff and as a Certified Training Center you will have access to our partner forum to discuss with other experienced coaches ideas to help your clients improve.

For more information, please visit us at <http://www.moxymonitor.com/moxycycling/>

For training description and protocol considerations see here for [Moxy's Cycling Training Guide](#)