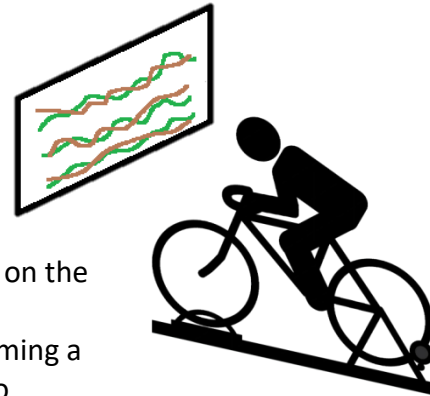




## FAQ: Moxy Cycling-Trainer

### 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 Moxy Cycling Trainer?

Moxy Cycling Trainer was developed for cyclists who take their workouts indoor as part of an advanced seasonal training regimen. Advancing dramatically over the past three years, the science of using Muscle Oxygen has become the physiological training standard for cyclists and triathletes. Moxy integrates with power based training and can replace power as the primary guidance metric. Moxy helps athletes train more effectively by adapting the training to the specific physiology of the athlete.

### What is a Moxy Monitor?

Moxy is a small, wearable sensor that utilizes infrared light to continuously monitor oxygen saturation ( $\text{SmO}_2$ ) 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  $\text{SmO}_2$  non-invasively and in real-time and is totally portable, so an athlete can use it anywhere. Moxy provides accurate  $\text{SmO}_2$  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 for my personal workouts. 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 proximate 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.

**How does the Moxy Monitor work and how do I use it?**

In simple terms, the Moxy utilizes a patented algorithm to measure the oxygen levels deep within exercising muscle tissue. Moxy measures SmO<sub>2</sub> non-invasively and in real-time and is totally portable, so an athlete can use it anywhere. Moxy provides accurate SmO<sub>2</sub> data that is highly useful in guiding exertion levels during exercise to keep muscles in the desired metabolic state.

Use of the Moxy will feel very much like using other technologies during your indoor workouts. Once your oxygen profile is established and you are ready for a training ride, you sync the Moxy with your cycle's bike computer or watch. The oxygen data is displayed and depending on the type of training you have planned for that day you let the Moxy guide those decisions based on your body's performance for that day! (For more info, click on the Training Guide link at the end of this FAQ).

**What training technologies / 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 to integrate Moxy into my personal regimen?**

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 you 100% satisfied with Moxy. We have set up direct access to our staff, collaborated on a variety of eBook, developed a Moxy Academy Video specific to the individual and provide access to our forum.

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](#)