



Quirky Lingo & Safety Quiz

*This is not a comprehensive quiz by any means, but is designed to give you an idea of how study to prepare for getting the most out of class!

1. What should you NOT be letting your legs do while sprinting?
2. When prompted to increase resistance by 1 half turn and assuming your dial is directed in the 12 o'clock position what position would your dial end clock wise?
3. When adjusting the seat on your bike, your legs should go around comfortably locking out at the bottom of each revolution.
A. True B. False
4. What muscle group should you activate in order to stay light on your hands and move from position to position most steadily?
A. Glutes
B. Core
C. Triceps
5. In a Hover position, where should your hands and hips be placed?
A. 3rd position & over the Saddle but barely touching if at all
B. First position & and seated
C. Neither
6. In case of an emergency, what should you do?
A. Call 911
B. Call 911
C. Call 911
7. The Term Threshold is used to encourage you to
A. Increase your workload by combining resistance and tempo at a rate that makes you work to your personal capacity.
B. Quit
C. Invite a friend to join you
8. Where is your break and how does it work?
A. I don't know, let me locate it
B. Center and I pull it up
C. Center and I push it down
D. None of the Above

1. Be out of control 2. 12:30 3. B 4. B 5. A 6. AB&C 7. A 8. I can't answer that for you