



Thank you for participating in a new Spinervals Video Production at Life Time Fitness! In order to have a smooth and flawless day, please read the following step by step instructions. If you have any questions or concerns, please email info@spinervals.com and someone will get back to you asap. Again, thank you for your participation and we hope you enjoy the workouts, the experience and your new Spinervals Video!

Instructions:

1. Please arrive at your designated 'call time' to our location at Life Time Athletic in Vernon Hills. Visit www.lifetimefitness.com for directions. Call Times: (7:30 am for the 9 am taping, 11 am for the 12:30 taping, 2:30 pm for the 4 pm taping)
2. If you are bringing your bike (and perhaps a trainer), please keep them in your car until notified to bring them in. Many cyclists and triathletes who bring their bikes will be asked to ride a new Kinetic Fluid Trainer during the video taping.
3. Upon your arrival, non-members must sign-in at the front desk. Please be courteous to Life Time Fitness employees and members as we are their guests.
4. You'll be directed to the third floor where the Cycle Studio is located.
5. Please go to the Registration Table. Here you'll sign waivers (Liability release and Model release) and get your 'swag'!
6. Change in to your cycling gear. Please DO NOT wear your cycling shoes/cleats on the floor. Locker rooms and showers are available to non-member.
7. Your next step is to do your introduction. There will be a camera set up and you'll be instructed to introduce yourself. Have fun! Show lots of energy!
8. After your introduction, you can hang out in the lobby area upstairs or Life Cafe. At some point, you'll be directed to get your bikes out of the car to set them up OR start warming up for the video shoot. Please stay in the building and congregating in these areas so that we can find you and offer instructions.
9. Please use the restrooms before you get on the bike. Fill your XOOD water bottle(s) up with water or your selected sports drink (we'll provide XOOD).
10. The director will give you pre-taping instructions. Coach Troy will do his intro and then we'll start the workout! You'll have a great ride. Please remember that there will NOT be music for the taping due to sound quality. Please do not wear headphones.
11. Ride with enthusiasm and high energy. 'Play' to the camera if you wish when it's nearby. Be quiet however during the taping and when the coach is introducing the next set. Have fun!
12. When the ride is over, please dismount your bike as we need to get ready for the next video taping. Showers are available for your use. If you brought your own bike, please remove your bike as soon as possible. If you used a Kinetic Trainer, you can leave the trainer where it's placed.
13. You did it! Thank you for attending! Around October 2009, you'll receive a copy of your DVD in the mail. Please check www.spinervals.com or www.coachtroy.com for details and remember to tell ALL of your friends that you starred in a Spinervals Cycling Video production!

Thank you from Coach Troy and your friends at Spinervals!