J452 – Podcast Script – April Galvan

**Hi, this is April Galvan. Welcome to “The Daily Cycle.”**

**Some of you have struggled to find a workout routine that works for you.**

**Some of you are interested in cycling but don’t know how to properly cycle.**

**Some of you are intimidated by cycling.**

**Well, you’re not the only ones.**

**Many people struggle through these same concerns.**

**By learning from my experience, you will become a better and safer cyclist.**

**In my own experience, cycling was a form of exercise that I had wanted to try, but was too intimidated to do on my own.**

**I knew there was a proper way to do it, but I didn’t know what that was.**

**A friend of mine, who was in a cycling class at time, showed me how to set the bike seat and encouraged me to take a class if I was really that interested.**

**I signed up for a cycling class at the rec center, and after the first day I felt fairly confident for a beginner. By the third class I was setting up my bike and pedaling like a true cyclist.**

**By learning from my experience, you will become a better and safer cyclist.**

**How can you become a better cyclist?**

**One thing you can do to become better cyclist is use the resistance knob to amplify your workout.**

**Another thing you can do to become better cyclist is keep from bouncing in the saddle by adding resistance.**

**Another thing you can do to become a better cyclist is simply remember to have fun.**

**These are a few of the things you can do to become a better cyclist.**

**By learning from my experience, you will become a better and safer cyclist.**

**How can you become a safer cyclist?**

**One thing you can do to become a safer cyclist is set up your bike properly by ensuring that your seat is set to the right height for you.**

**Another thing you can do to become a safer cyclist is set your handle bars to the right height for you.**

**Another thing you can do to become a safer cyclist is remember to keep hydrated.**

**These are a few of the things you can do to become a safer cyclist.**

**By learning from my experience, you will become a better and safer cyclist.**

**Today I introduced you to a few different ways to ensure better and safer cycling. Remember, proper set up of seat and handle bars, use of the resistance knob and hydration are just a few, excellent ways to ensure a safe and better cycling experience.**

**By learning from my experience, you will become a better and safer cyclist.**