

Stages Cycling Education



Precor and Stages Cycling offer a range of certifications designed for both individual instructors and full studio teams. Whether you're new to coaching or looking to deepen your expertise, Stages Cycling University offers online learning formats to suit your schedule and goals. The courses are developed and led by Stages' international Master Educator team, who specialise in both rhythm and power-based training. The aim is to assist instructors in delivering safe, effective and engaging classes that encourage exercisers to return.

Stages Cycling University certifications are available worldwide through a self-paced online platform. Each course is approximately 9 hours long and is accredited through ACE, offering 0.8 CEUs.

Three Core Certifications

STAGES ONE

Ideal for new instructors. It covers the essentials of safe and effective coaching, including:

- Bike setup and pedal stroke mechanics
- Safe riding techniques and cycling biomechanics
- Basic exercise physiology
- Class structure and musicality
- Motivational cueing and coaching presence
- Practical tools such as "Class Design in No Time" and "Monday Morning Ready" tips

STAGES BEATS

This course is ideal for instructors who lead music-driven classes. It focuses on how to create immersive, beat-based experiences using music and movement. Topics include:

- Music theory and mapping
- Techniques for beat matching and rhythm riding
- Coaching on and off the bike
- Class structure and emotional engagement
- Practical application and cueing strategies

STAGES POWER

Teaches data-informed coaching using power meters and FTP (Functional Threshold Power). Ideal for performance-focused classes. It includes:

- Understanding and using power meters and consoles
- Functional Threshold Power (FTP) and power zones
- Goal-based class design using Stages Simple Sets™
- Integrating metrics with music for balanced coaching
- Practical tools for performance-focused instruction

For information and to enrol in a Stages Cycling University course, contact your [Precor Sales Representative](#).