

Flashback

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Ride back in time and relive the music of yesteryear with new workouts

Say hello to our new theme camp, Flashback!

Flashback is a new workout category full of musical rides that take you back. We mix moderate to high-intensity intervals to make sure you stay alert while we travel back in time. Find our latest workout category in the Intelligent Cycling app, available for desktop and mobile.

Intelligent Cycling[®] develops indoor cycling software that keeps riders motivated and moving. Recommended by industry giants like Wattbike[®],

Bodybike®, Schwinn®, and Keiser®, the Danish company is at the forefront of its industry.

Intelligent Cycling focuses on digital training solutions that meet the needs of club owners, instructors, and club members, both in and outside of the studio.

Services include an intuitive and user-friendly workout platform, on-demand content, streaming of live virtual classes, and VR-ready immersive indoor cycling adventure, The Journey.

Intelligent Cycling® software is used in fitness clubs, gyms, and private homes all around the world.