

## ROB CROWE - BIOGRAPHY

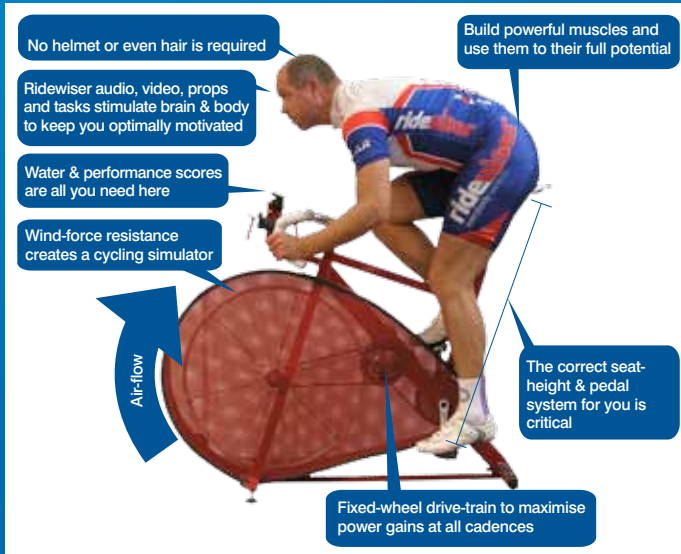
B.App.Sci. Psychophysiology  
OAM Order of Australia Medal  
Olympian & Motivational Speaker

1991 Dual Australian Road Champion  
1992 Barcelona Olympic Time-Trial Team  
2002 World Masters M1 Criterium Champion  
2004 World Record 4000m Tandem Pursuit (4:21)



# Ergo Program

## RIDEWISER ERGO - HOW DOES IT WORK?



'Ridewiser Ergo' is actually a supercharged training environment, using simple but difficult cycling tasks to accelerate power development.

## TESTIMONIALS

**Very impressive, no wonder the business is booming!**

*Phil Hanna, Senior Development Manager,  
Villawood Properties*

**Ergo training is actually better than my road training!**

*Ben Welsh, HTFU Lunchtime Ergo Rider,  
Frontier Marketing Co.*

**It's just something I can't do without! Thanks Champ!**

*John Kelly, Director,  
Enjiine Engineering*



Being an old-school champion from the 90s, I've felt the pain of 27 crashes, of puncturing at the Olympics, the joy of riding in yellow under helicopters and receiving awards on the dais or in the news. Cycling has changed me, given me courage to build a business, confidence to cross Africa by MTB, passion to race at 40 in the masters levels! Cycling itself changed a lot in the last 20 years too, but some things never change..

The feeling of growing stronger, fitter & faster comes mostly to me when riding a real ergo. When the crunch comes and the break goes, and others shake their heads, you want to KNOW that your legs & mind can respond, again & again!

This is why I enjoy each new person discovering HOW TO TRAIN; they realise that I am actually the holder of a secret cycling training weapon: the Ridewiser Ergo Machine.



**High Quality Money-back Guarantee**



**Ergo is the best cycling training device I've ever used**

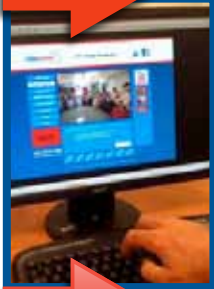
*Rob Crowe, Ridewiser Creator,  
2-time Olympian*

## HOW DO I GET STARTED?

REGISTER

BOOK IN

VISIT



RIDE!



New riders can arrive early to set up with the **Ridewiser Instructors**



Rob

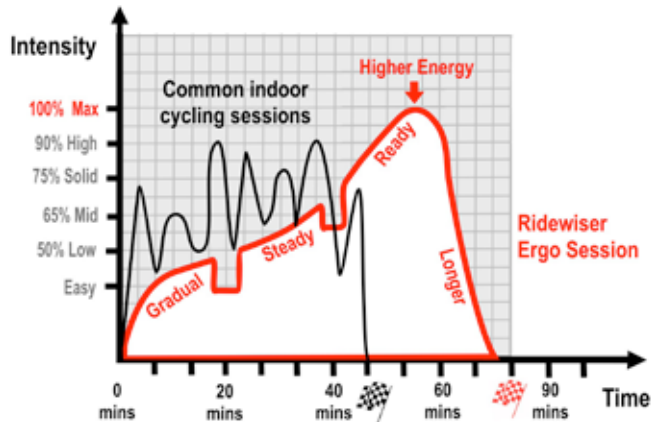
Mary

Lockie

Monty

REGISTER NOW > [www.ridewiser.com.au](http://www.ridewiser.com.au)

## WHY DO IT?



### BENEFITS

- Ridewiser Ergos use fixed-wheel wind-fan resistance
- Pure, all-cadence fitness is guaranteed
- Unrivalled quality for strength, speed & power training

### SESSION TIMES

	Mon	Tue	Wed	Thur	Fri
6.00 – 7.15am	●	●	●	●	●
7.30 – 8.45am	●	●	●	●	●
Lunch time		●		●	
5.45 – 7.00pm	●	●	●	●	
7.15 – 8.30pm	●	●	●	●	

- Seats are strictly limited to 10 riders per class
- Ergo programs, Team Ergo Bookings, Annual Tickets
- Please bring a hand-towel & drink bottle
- Ridewiser has pedals, bike storage & showers on site!

## WHERE IS IT?



### Ridewiser Ergo Venue

1st Fl, Rear Entrance via Laneway  
30 Inkerman Street, **St Kilda**  
VIC, AUSTRALIA  
Melways Ref: (58 B10)



Contact the Ridewiser reception desk for further information on

**(03) 9534 7785**  
[admin@ridewiser.com.au](mailto:admin@ridewiser.com.au)  
[www.ridewiser.com.au](http://www.ridewiser.com.au)

[www.twitter.com/ridewiser](https://www.twitter.com/ridewiser)

Promotional code