

RACELAND/HOUMA RPM



JUNE



**R-
Raceland
H-Houma**



**CYCLING
CLASSES**
RPM = 45
minute
SPRINT =
30 minute

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. 5am RPM Christana H 9:40 Sprint Dawn H	2.
	4. 9:40 Sprint Dawn- H 6:20PM Sprint Alea— R	5. 5:30PM RPM Christina H	6. 9:40am RPM Dawn H 6:20pm Sprint Dawn R	7.	8. 5am RPM Christana H 9:40 Sprint Dawn H	9.
	11. 9:40 Sprint Dawn- H 6:20pm RPM Christina R	12. 5:30PM RPM Christina H	13. 9:40am RPM Dawn H 6:20pm Spint Alea R	14.	15. 5am RPM Christana H 9:40 Sprint Dawn H	16.
	18. 9:40 Sprint Dawn H 6:20PM Sprint Alea R	19. 5:30PM RPM Christina H	20. 9:40am RPM Dawn H 6:20pm Sprint Dawn R	21.	22. 5am RPM Christana H 9:40 Sprint Dawn H	23.
	25. 9:40 Sprint Dawn H 6:20PM Sprint Alea— R	26. 5:30PM RPM Christina H	27. 9:40am RPM Dawn H 6:20pm Sprint Alea R	28.	29. 5am RPM Christana H 9:40 Sprint Dawn H	30.

*Floor workouts that you can use if you can't
make a class on the schedule!*

WORKOUT #1

Warm up on the treadmill
for 15 minutes

- 20 bodyweight squats
- 10 push ups
- 20 walking lunges
- 15 sec plank
- 30 jumpjacks
- 20 jumpsquats
- 10 minutes on the row

WORKOUT #2

LEGS & GLUTES

Warmup on Eliptical for 15 minutes

**Bodyweight Squat
Lying Glute Bridge**

**Reverse Lunge
Dumbbell Deadlift
(4 sets, 15reps, 90 second rest between
sets for all)**

100 Walking Lunges