

RACELAND/HOUMA RPM



JULY



**R-
Raceland
H-Houma**



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	9:40 Sprint Dawn- H 6:20pm RPM Christina R	3. NO CLASS	 4. 5.	6.	5am RPM Christana H 9:40 Sprint Dawn H	7.
8.	9:40 Sprint Dawn- H 6:20PM Sprint Alea— R	9. 10. 5:30PM RPM Christina/ Alec H	10. 11. 9:40am RPM Dawn H 6:20pm RPM Alec R	11. 12.	12. 13. 5am RPM Christana H 9:40 Sprint Dawn H	13. 14.
15.	9:40 Sprint Dawn- H 6:20pm RPM Christina R	16. 17. 5:30PM RPM Alec H	16. 18. 9:40am RPM Christina H 6:20pm RPM Alec R	17. 19.	18. 20. 5am RPM Christana H 9:40 Sprint Dawn H	19. 21.
22.	9:40 Sprint Dawn H 6:20PM RPM Christina R	23. 24. 5:30PM RPM Christina H	22. 25. 9:40am RPM Dawn H 6:20pm RPM Christina R	23. 26.	24. 27. 5am RPM Christana H 9:40 Sprint Dawn H	25. 28.
29.	9:40 Sprint Dawn H 6:20PM Sprint Alea— R	30. 31. 5:30PM RPM Alec H				

*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