

# RACELAND/HOUMA RPM



# MAY



**R-  
Raceland  
H-Houma**

**TRY  
SOMETHING  
NEW**

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1.	2. 9:40am RPM Dawn <b>H</b> 6:20pm Sprint Alea <b>R</b>	3.	4. 5am RPM Christana <b>H</b> 9:40 Sprint Dawn <b>H</b>	5.
	7. 9:40 Sprint Dawn- <b>H</b> 6:20PM RPM Christina— <b>R</b>	8. 5:30PM Heidi RPM <b>H</b>	9. 9:40am RPM Dawn <b>H</b> 6:20pm RPM Christina <b>R</b>	10.	11. 5am RPM Christana <b>H</b> 9:40 Sprint Dawn <b>H</b>	12.
	14. 9:40 Sprint Dawn- <b>H</b> 6:20pm Sprint Alea— <b>R</b>	15. 5:30PM Heidi RPM <b>H</b>	16. 9:40am RPM Dawn <b>H</b> 6:20pm Sprint Dawn <b>R</b>	17.	18. 5am RPM Christana <b>H</b> 9:40 Sprint Dawn <b>H</b>	19.
	21 9:40 Sprint Dawn <b>H</b> 6:20PM RPM Christina <b>R</b>	22. 5:30PM Heidi RPM <b>H</b>	23. 9:40am RPM Dawn <b>H</b> 6:20pm Sprint Alea <b>R</b>	24.	25. 5am RPM Christana <b>H</b> 9:40 Sprint Dawn <b>H</b>	26.
	28. 9:40 Sprint Dawn <b>H</b> 6:20PM Sprint Alea— <b>R</b>	29. 5:30PM Heidi RPM <b>H</b>	30. 9:40am RPM Dawn <b>H</b> 6:20pm RPM Christina <b>R</b>	31.		

*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**