

# 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 <b>H</b> 9:40 Sprint Dawn <b>H</b>	2.
4. 9:40 Sprint Dawn- <b>H</b>  6:20PM Sprint Alea— <b>R</b>	5.  5:30PM RPM Christina <b>H</b>	6.  9:40am RPM Dawn <b>H</b> 6:20pm Sprint Dawn <b>R</b>	7.	8.  5am RPM Christana <b>H</b> 9:40 Sprint Dawn <b>H</b>	9.
11. 9:40 Sprint Dawn- <b>H</b>  6:20pm RPM Christina <b>R</b>	12.  5:30PM RPM Christina <b>H</b>	13.  9:40am RPM Dawn <b>H</b> 6:20pm Spint Alea <b>R</b>	14.	15. 5am RPM Christana <b>H</b> 9:40 Sprint Dawn <b>H</b>	16.
18. 9:40 Sprint Dawn <b>H</b>  6:20PM Sprint Alea <b>R</b>	19.  5:30PM RPM Christina <b>H</b>	20.  9:40am RPM Dawn <b>H</b> 6:20pm Sprint Dawn <b>R</b>	21.	22. 5am RPM Christana <b>H</b> 9:40 Sprint Dawn <b>H</b>	23.
25. 9:40 Sprint Dawn <b>H</b>  6:20PM Sprint Alea— <b>R</b>	26.  5:30PM RPM Christina <b>H</b>	27.  9:40am RPM Dawn <b>H</b> 6:20pm Sprint Alea <b>R</b>	28.	29.  5am RPM Christana <b>H</b> 9:40 Sprint Dawn <b>H</b>	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**