

RACELAND/HOUMA CYCLE




MARCH



**R-
Raceland
H-Houma**



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SPRINT IS MOVED TO SHED. HIIT IT IN THE SHED				1. 5am RPM Christina H 9:40 Sprint Dawn H	2. NO CLASS
4.	9:40 Sprint Dawn- H NO PM CLASS		6. 9:40am Sprint Dawn H 6:30pm Sprint Rhonda R	7. 8am Sprint Rhonda R	8. 5am RPM Christina H 9:40 Sprint Dawn H	9. 8am Sprint Kensie R
11.	9:40 Sprint Dawn- H	12. 5:30PM Sprint Kensie H 6:20pm Sprint Rhonda R	13. 9:40am RPM Dawn H 6:20pm Sprint Alea R	14. 8am Sprint Lance R	15. 5am RPM Christina H 9:40 Sprint Dawn H	16. 8am Sprint Rhonda R
18.	9:40 Sprint Dawn H	19. 5:30PM RPM Christina H 6:20pm Sprint Lance R	20. 9:40am RPM Dawn H 6:30pm Sprint Kensie R	21. 8am Sprint Lance R	22. 5am RPM Christina H 9:40 Sprint Dawn H	23. 8am Sprint Lance R
25.	9:40 Sprint Dawn H	26. 5:30PM Sprint Kensie H 6:20pm Sprint Rhonda R	27. 9:40pmam RPM Dawn H 6:20pm Sprint Kensie R	28. 8am Sprint Rhonda R	29. 5am RPM Christina H 9:40 Sprint Dawn H	30. 8am Sprint Alea R
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