

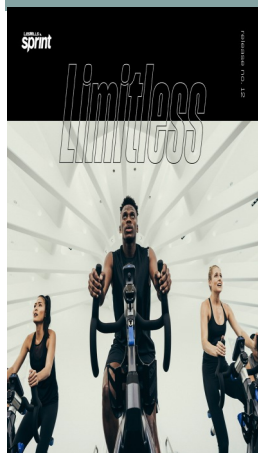
RACELAND CYCLE



JUNE



WHATEVER YOUR GOAL WE CAN MAKE IT HAPPEN



CYCLING CLASS SPRINT = 30 minute training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. 8am Sprint Rhonda
3.	4. 6:20pm Sprint Rhonda	5. 6:30pm Sprint Kensie	6.	7.	8. 8am Sprint Rhonda
10.	11. 6:20pm Sprint Kensie	12. 6:20pm Sprint Kensie	13. 8am Sprint Rhonda	14.	15. 8AM Sprint Rhonda
17.	18. 6:20pm Sprint Rhonda	19. 6:30pm Sprint Rhonda	20.	21.	22. 8am Sprint Rhonda
24.	25. 6:20pm Sprint Kensie	26. 6:30pm Sprint Kensie	27. 8am Sprint Rhonda	28.	29. 8am Sprint Rhonda
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