

RACELAND CYCLE



AUGUST



WHATEVER YOUR GOAL WE CAN MAKE IT HAPPEN



CYCLING CLASS SPRINT = 30 minute training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>"Sweating to save lives, one pedal at a time!"</p>		<p>3. SPRINTING FOR SUICIDE AWARENESS</p>
5.	6. 6:20pm Sprint Rhonda	7. 6:30pm Sprint Lance			<p>10. 8am Sprint Lance</p>
12.	13. 6:20pm Sprint Kensie	14. 6:20pm Sprint Alea	15.	16.	17. 8AM Sprint Alea
19.	20. 6:20pm Sprint Rhonda	21. 6:30pm Sprint Kensie	22.	23.	24. 8am Sprint Rhonda
26.	27. 6:20pm Sprint Alea	28. 6:30pm Sprint Rhonda	29.	30.	<p>31. HAPPY LABOR DAY WEEKEND</p> <p>NO STAFF NO CLASS NO DAYCARE</p>
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