

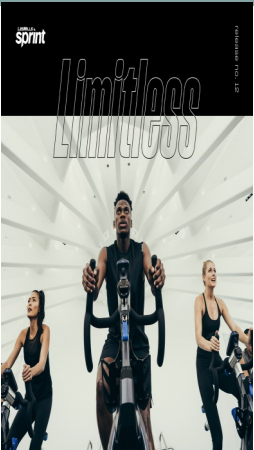
RACELAND CYCLE



JULY



WHATEVER YOUR GOAL WE CAN MAKE IT HAPPEN



CYCLING CLASS SPRINT = 30 minute training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2. 6:30 Sprint Lance	3. 6:20 Sprint Lance	4. HAPPY 4TH OF JULY!!!	5. 4TH OF JULY	
8.	9. 6:20pm Sprint Kensie	10. 6:30pm Sprint Kensie	11.	12.	13. 8am Sprint Alea
15.	16. 6:20pm Sprint Rhonda	17. 6:20pm Sprint Alea	18.	19.	20. 8AM Sprint Alea
22.	23. 6:20pm Sprint Kensie	24. 6:30pm Sprint Kensie	25.	26.	27. 8am Sprint Rhonda
29.	30. 6:20pm Sprint Rhonda	31. 6:30pm 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