

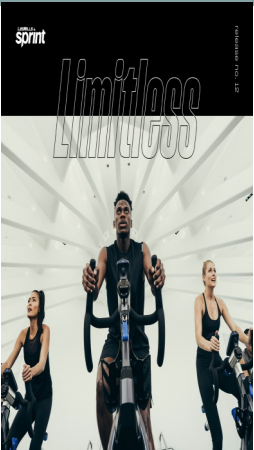
RACELAND CYCLE



NOVEMBER



WHATEVER YOUR GOAL WE CAN MAKE IT HAPPEN



CYCLING CLASS SPRINT = 30 minute training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1.	2. 8am Sprint Lance
4.	5. 6:20pm Sprint Lance	6. 6:30pm Sprint Kensie	7.	8.	9. 8am Sprint Rhonda
11.	12. 6:20pm Sprint Lance	13. 6:20pm Sprint Alea	14.	15.	16. 8AM Sprint Lance
18.	19 6:20pm Sprint Kensie	20. 6:30pm Sprint Rhonda	21.	22.	23. 8am Sprint Rhonda
25.	26. 6:20pm Sprint Rhonda	27. 6:30pm Sprint Alea	28.	29.	30. NO CLASS
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