

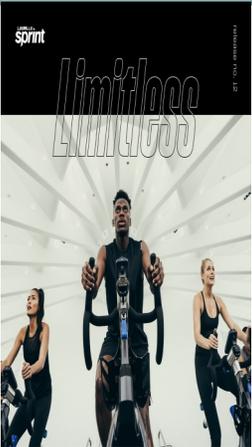
RACELAND CYCLE



OCTOBER



WHATEVER YOUR GOAL WE CAN MAKE IT HAPPEN



CYCLING CLASS SPRINT = 30 minute training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. 6:20pm Sprint Rhonda	2. 6:30 Sprint Kensie	3.	4.	5. 8am Sprint Kensie
7,	8. 6:20pm Sprint Kensie	9, 6:30pm Sprint Rhonda	10.	11.	12. 8am Sprint Rhonda
14.	15. 6:20pm Sprint Rhonda	16. 6:20pm Sprint Kensie	17.	18.	19. 8AM Sprint Rhonda
21.	22. 6:20pm Sprint Kensie	23. 6:30pm Sprint Alea	24.	25.	26. SHRED MEMBER-CHALLENGE
28.	29. 6:20pm Sprint Alea	30. 6:30pm Sprint Rhonda	31.		
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