

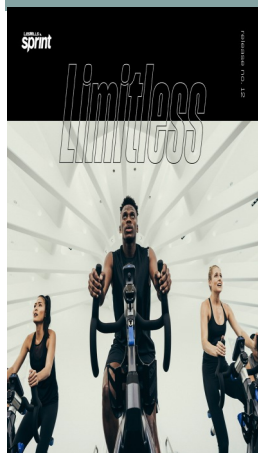
# RACELAND CYCLE



# DECEMBER



WHATEVER YOUR GOAL WE CAN MAKE IT HAPPEN



**CYCLING CLASS SPRINT = 30 minute training**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2.	3. 6:20pm Sprint Rhonda	4. 6:20pm Sprint Kensie	5.	6.	7. 8am Sprint Kensie
9.	10. 6:20pm Sprint Rhonda	11. 6:20pm Sprint Kensie	12.	13.	14. 8am Sprint Rhonda
16.	17. 6:20pm Sprint Rhonda	18. 6:20pm Sprint Kensie	19.	20.	21. 8AM Sprint Lance
23.	24.	25.	26.	27.	28. <b>NO CLASS</b>
30.					
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**