

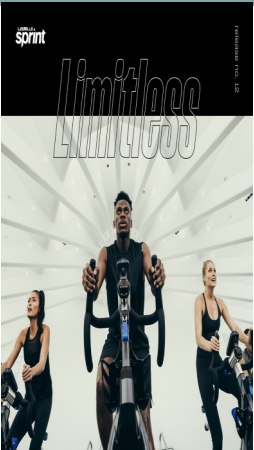
# RACELAND CYCLE




# FEBRUARY



WHATEVER YOUR GOAL WE CAN MAKE IT HAPPEN



**CYCLING CLASS SPRINT = 30 minute training**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. 8am Sprint Rhonda
3.	4. 6:20pm Sprint Rhonda	5. 6:20pm Sprint Kensie	6.	7.	8. 8am Sprint Rhonda
10.	11. 6:20pm Sprint Rhonda	12. 6:20pm Sprint Kensie	13.	14.	15. 8AM Sprint Kensie
17.	18. 6:20pm Sprint Rhonda	19. 6:20pm Sprint Rhonda	20.	21.	22. 
24.	25. <b>Happy Mardi Gras</b>	26. 6:20pm Sprint Lance	27.	28.	29. 8AM Sprint Lance
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**