

# RACELAND CYCLE



# JANUARY



WHATEVER YOUR GOAL WE CAN MAKE IT HAPPEN



**CYCLING CLASS SPRINT = 30 minute training**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1.	2.	3.	4. 8am Sprint Kensie
6.	7. 6:20pm Sprint Lance	8. 6:20pm Sprint Lance	9.	10.	11. 8am Sprint Lance
13.	14. 6:20pm Sprint Rhonda	15. 6:20pm Sprint Kensie	16.	17.	18. 8AM Sprint Rhonda
20.	21. 6:20pm Sprint Rhonda	22. 6:20pm Sprint Rhonda	23.	24.	25. <b>LAUNCH</b>
27.	28. 6:20pm Sprint Kensie	29. 6:20pm Sprint Rhonda	30.	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**