

# cyclecore

week #1

**On the Bike:** Testing! Stefanie & Andy will lead you through a structured workout with the goal of estimating your Lactate Threshold Heart Rate (LTHR.) Here's the outline of the workout:

Structured Warm-up: 20 minutes

Hard Effort: 8 minutes

Recovery Spinning: 10 minutes

Hard Effort: 8 minutes

Cool Down: 15-20 minutes

**Off the Bike:** Testing! After a brief mobility warm-up, we'll do our "land-based" testing. I've chosen just a few exercises to use as benchmark tests. a timed **push up test** and the left and right **side bridge endurance test**.

After the testing, I'll review your homework assignment, the Daily Core Activation Series:

**Lower Back/Gluteal Bridge:** 30 sec

**Front Plank:** 1 min

**Right Side Bridge:** 30 sec

**Left Side Bridge:** 30 sec

**Bird Dog/Cross Crawl:** 12 reps

**Hip Hinge:** 8 reps

**Founder:** 20sec/20sec/20sec

Learn this series well since it will be a regular part of your homework and our class. Take a look at this article & video if you ever need a refresher:

<http://rosserchiro.com/core-activation-exercise-series/>

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Class Info:

Stefanie Werts: [chetandstef@msn.com](mailto:chetandstef@msn.com)

Andy Rosser: [andymanr@gmail.com](mailto:andymanr@gmail.com)

Tues/Thurs nights @ 5th Ave:

6:00pm-7:00pm Bike Studio

7:15pm-7:45pm Group Fitness Studio

Class website/workout archive: [rosserchiro.com/cyclecore-class](http://rosserchiro.com/cyclecore-class)

Password: getfitcyclecore