

CYCLECORE

week #4 (Dec 18 & Dec 20, 2012)

Cycle:

Tuesday: Rock Bottom- working your aerobic zone (zone 3) with four intervals. The first two develop your sprint/ fast pedal capabilities and the third on leg strength and power and the 4th will make you the leader of your own destiny. This will get you out of your funk.

Thursday 5 BPM (beats per minute) ladder. Lower intensity. Focus. Meditative. This ride also includes ILT (isolated leg training) The challenge lies with controlling your heart rate- get into the zone! Zone 2 into 3.

****Weekend Homework** Plan on 90-120 minutes of riding but keep your heart rate between 50-75% of your tested AT.

Core:

Our basic format for class is a core activation series, mobility circuit, core circuit, and strength circuit. Tuesday's and Thursday's workouts will be the same, and your homework is to do it again 1x over the weekend.

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: 12 reps

Founder: 20sec/20sec/20sec

Mobility Circuit (5 minutes)

Shoulder Up & Over 8 repetitions

Thoracic Spine Pretzel 5 breaths

Core Circuit (5 minutes)

Turkish Get Up x1 (alternate each side after 1 repetition)

Strength Circuit (5 minutes)

Dumbbell Clean & Press 5 repetitions

Unilateral Rear Foot Dead Lift 5 repetitions per leg

Class website/workout archive: www.rosserchiro.com/cyclecore-class