

cyclecore

week #10 (Jan 29 & 31, 2013)

cycle:

Tuesday: **Unleash the Mojo**- I am not sure what it means- but it sounds kinda cool- just let it all out. Mixed bag of intervals.

Thursday: **Eggbeaters**- Imagine climbing at a high RPM. Scrambled, poached, fried or hard boiled at the top? Definitely not over easy. 4 climbs.

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

core:

Dynamic Warmup

Cross Crawl X12

Inchworm X3

Knee Hugger X12

Foundation Series

Chair Pose (Foundation)

Lower Back Extension

Adductor-Assisted Lower Back Extension

Child's Pose

Lunge Stretch

...and repeat

Stretching (8 reps per stretch)

Hamstring X2

Gluteals X2

Upper Back

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