

# CYCLECORE

week #3 (Dec 11 & Dec 13, 2012)

## **Cycle:**

Tuesday Stefanie will be getting a touch intense with some harder efforts and hills..

Thursday we'll be smoothing things out and tying your pedal stroke and breathing together.

**\*\*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.

This week we'll be doing the same series on Tuesday and Thursday. Your homework is to do it again 1-2 times over the weekend. Gettin' crazy with it? Do it daily!

### **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)**

Thoracic Mobility Stretch 5 repetitions

Chest Stretch 5 breaths

### **Core Circuit (5 minutes)**

Get Up Sit Up 5 repetitions

Body Saw 5 repetitions

### **Strength Circuit (5 minutes)**

Pushup 5 repetitions

Reverse Lunge 5 repetitions per leg

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