

CYCLECORE

week #6 (Jan 3, 2013)

Cycle:

Tuesday: Three is the magic number! We'll be getting into some intervals tonight!

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

Core:

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)

Down Dog/Cobra Drill 5 repetitions

Standing Squat 5 repetitions

Core Circuit (5 minutes)

Inchworm 5 repetitions

Windmill 5 repetitions per side

Strength Circuit (5 minutes)

Pushups 5 repetitions

Unilateral Rear Foot Dead Lift 5 repetitions per leg

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