

cyclecore

week #16 (Mar 12 & 14, 2013)

CYCLE:

Tuesday- The Zipper- so much fun, so little time...

Thursday- AT Testing- Thar she blows! Followed by a post class celebration @ The Fish

***Weekend Homework Plan on 90-120 minutes of riding add some increased intensity such as hills and challenge yourself getting your heart up to your AT!*

core:

Dynamic Warmup

Cross Crawl X 12

Hip Hinge X 10

Down Dog to Cobra X 8

Core Activation Series

Front Plank 30 sec

Side Bridge (Knees Bent) 20 sec/side

Low Back Bridge 30 sec

...and repeat

Foundation Series

Chair Pose (Foundation)

Lower Back Extension

Adductor-Assisted Lower Back Extension

Child's Pose

Lunge Stretch

Stretching (10 reps per stretch, hold 2 seconds each)

Hamstring

Gluteals

Quadriceps

Upper Back (twist and reach to the ceiling from hands and knees on the floor.)

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