



# Wellbeats™

## CYCLE STRONG WORKOUT PLAN

This plan is for the fitness enthusiast who loves to cycle and wants to increase cardio capacity and overall fitness. Train like a competitive cyclist as you work on speed, power, and endurance. Recovery days offer mobility, flexibility and core work to compliment your time on the bike. Grab a friend and join the ride!

### Recommended Equipment



INDOOR CYCLE BIKE

### What's Next

- For improved mobility and range of motion, try the INCREASE FLEXIBILITY PLAN.
- To prepare your muscles for longer, powerful rides, try the BUILD STRENGTH PLAN.
- To get lean and shed extra pounds, try the LOSE WEIGHT plan.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	
WEEK 1	Rev 10 Mile Time Trial 35 min	Fusion Plank Games 20 min	Rev Fast & Furious 20 min	<b>REST</b>	Rev Big Ring Power 20 min	eXpress Total Body Stretch 20 min	<b>OR</b> eXpress Breathe Into It 20 min	Rev Staying in the Game 35 Min
WEEK 2	Rev HIITing Precision 20 min	eXpress Upper Body Fit 20 min	Rev Finish Strong 20 min	<b>REST</b>	Rev Mind Over Mountain 35 min	eXpress Total Body Stretch 20 min	<b>OR</b> eXpress Breathe Into It 20 min	Rev Test Your Stamina 35 min
WEEK 3	Rev Going and Gone 20 min	Fusion Plank Games 20 min	Rev Peaks and Valleys 35 min	<b>REST</b>	Rev Big Ring Power 20 min	eXpress Total Body Stretch 20 min	<b>OR</b> eXpress Breathe Into It 20 min	Rev Keeping the Edge 35 min
WEEK 4	Rev 3-2-1 Go 35 min	eXpress Upper Body Fit 20 min	Rev The Crit 35 min	<b>REST</b>	Rev King of the Mountain 35 min	eXpress Total Body Stretch 20 min	<b>OR</b> eXpress Breathe Into It 20 min	Rev 10 Mile Time Trial 35 min