



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



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	REST	Rev Big Ring Power 20 min	eXpress Total Body Stretch 20 min	OR 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	REST	Rev Mind Over Mountain 35 min	eXpress Total Body Stretch 20 min	OR 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	REST	Rev Big Ring Power 20 min	eXpress Total Body Stretch 20 min	OR 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	REST	Rev King of the Mountain 35 min	eXpress Total Body Stretch 20 min	OR eXpress Breathe Into It 20 min	Rev 10 Mile Time Trial 35 min