



# Wellbeats™

## Cycle Strong Challenge

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

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