

## Cycle Pump

This class is your classic UTSA cycle experience with a little twist at the end of each stage!  
 Come sweat it out and build your energy on the bike with a variety of hills, sprints, and challenges. Then, finish it off with muscular endurance training for the upper body.

	<b>Song</b>	<b>Overview</b>	<b>RPM's</b>	<b>Zone</b>
<b>Warm-Up</b>	Desperado <i>Rihanna</i>	Explanation of zones – Safety		1, 2, 3, 4
<b>Stage 1</b>	Holiday <i>Green Day</i>	Sprints	95-105	2
	Flashing Lights <i>Kanye West</i>	Hill – In and out of the saddle – intro hovers	55-65	3
	Cumbia Anthem <i>El Dusty</i>	Sprints	95-105	2
<b>PUMP</b>	New Rules <i>Dua Lipa</i>			
<b>Stage 2</b>	Electric Love <i>Borns</i>	Hill - Standing to Hover	45-55	3 - 4
	Ain't My Fault <i>Zara Larsson</i>	RPM Races!	50-70	3
	Crank It Up <i>David Guetta (feat. Akon)</i>	Jumps	55-65	3
<b>PUMP</b>	Don't Blame Me <i>Taylor Swift</i>			
<b>Stage 3</b>	Lose My Breath <i>Destiny's Child</i>	Sprints – Last set – Go breathless!	95-105	2
	Scylla <i>RL Grime</i>	Hill – Standing, Hover, Seated	55-65	3
<b>Cool Down</b>	You Don't Do It For Me Anymore <i>Demi Lovato</i>			1