

Texfit 2018 Presenter: Rebecca Moon
Cycle & Strength

Equipment needed: mats, medicine balls, kettle bells, mini resistance bands (versa loops), and body bars.

- 1. Warmup**
 - a. on bike, light upper body stretches
- 2. Bike Interval**
 - a. Ladder: sit/stand/hover, increasing resistance every set
- 3. Floor warmup**
 - a. Body weight squats, leg lifts, lunges
- 4. Kettle Bell/wall & mini resistance band (versa loops)**
 - a. KB swings, upright rows, high pulls
 - b. Wall sit: lateral pulls, front raise/pulses
- 5. Bike interval**
 - a. Hill climb
- 6. Body bar**
 - a. bicep curl, shoulder press, chest press
- 7. Medicine ball (and mat)**
 - a. ball slams, lunges, burpie roll backs
- 8. Mini resistance bands (versa loops)**
 - a. Squat + alt side leg lifts, monster walks, donkey kicks
- 9. Body bar (and mat)**
 - a. Ab circuit: Flutter kicks, leg lifts, alt knee crunch
- 10. Bike recovery/choreo**
 - a. Up X4, Down X4/ Up X2, down X2
- 11. Cooldown**
 - a. Stretch on/off bike