

Saturday Sendback Spin

Kailey Gortlitz and Annie Spivack

Learning Objectives:

- ⇒ Master the art of co-teaching
- ⇒ Learn how to improvise on the bike
- ⇒ Enjoy a themed ride

Today's Workout:

1. Finding your flat road
2. Power warm-up
3. Speed intervals
4. Resistance push
- Break
5. Speed intervals II
6. Hill climb
7. Partner sprints
8. Cool-down
9. Stretch

Like our playlist? ☺ Check us out on Spotify!

Playlist name: "TEXTFIT 2018"

Published by: Annie Spivack

Still have questions?

Contact us via email at: aspivack@smu.edu & kgoerlitz@smu.edu