

# 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!



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DAY 1	<b>REV</b> 10 Mile Time Trial 35 min	<b>REV</b> HIITing Precision 20 min	<b>REV</b> Going and Gone 20 min	<b>REV</b> 3-2-1 Go 35 min
DAY 2	<b>FUSION</b> Plank Games 20 min	<b>eXpress</b> Upper Body Fit 20 min	<b>FUSION</b> Plank Games 20 min	<b>eXpress</b> Upper Body Fit 20 min
DAY 3	<b>REV</b> Fast & Furious 20 min	<b>REV</b> Finish Strong 20 min	<b>REV</b> Peaks and Valleys 35 min	<b>REV</b> The Crit 35 min
DAY 4	Rest Day	Rest Day	Rest Day	Rest Day
DAY 5	<b>REV</b> Big Ring Power 20 min	<b>REV</b> Mind Over Mountain 35 min	<b>REV</b> Big Ring Power 20 min	<b>REV</b> King of the Mountain 35 min
DAY 6	<b>eXpress</b> OR <b>eXpress</b> Total Body Stretch OR Breathe Into It 20 min 20 min	<b>eXpress</b> OR <b>eXpress</b> Total Body Stretch OR Breathe Into It 20 min 20 min	<b>eXpress</b> OR <b>eXpress</b> Total Body Stretch OR Breathe Into It 20 min 20 min	<b>eXpress</b> OR <b>eXpress</b> Total Body Stretch OR Breathe Into It 20 min 20 min
DAY 7	<b>REV</b> Staying in the Game 35 Min	<b>REV</b> Test Your Stamina 35 min	<b>REV</b> Keeping the Edge 35 min	<b>REV</b> 10 Mile Time Trial 35 min

## EQUIPMENT RECOMMENDED



Indoor Cycle Bike



## 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.