

## CYCLIST Workout Plan

CYCLISTS are as lean and mean as the mountains they climb. They do not like to stop during a ride and they live for quick change. The Body Evolution only recommends two days a week for lifting with Cyclists. I mean, c'mon they want to be on the mountain... not in the gym. One day will be Upper Body and the other will be lower body. We will isolate the muscle for leanness and tone, endurance and strength.

**Monday = Cycle Ride / Abs**

**Tuesday = Spin Class / Upper Body / Abs**

**Wednesday = Cycle Ride / Abs**

**Thursday = Spin Class / Lift Lower Body / Abs**

**Friday = Cycle Ride / Abs**

**Saturday = Cycle Ride / Abs**

**Sunday = Rest**

### WORKOUT SCHEDULE AS FOLLOWS

#### UPPER BODY WORKOUT

##### ABS, BACK, CHEST, BIS, TRIS, SHOULDERS

You will be selecting 2 exercises for the each muscle group and doing 12 reps for each 2 times at a fast pace and pushing weight limit. You should be burning by your third set, because it will be a different lift than your first.

#### ABS

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute

#### SWITCH WORKOUT FOR ABS

12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

#### REST FOR 1 MINUTE BEFORE MOVING ON

#### BACK

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute

#### SWITCH WORKOUT FOR BACK

12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

#### REST FOR 1 MINUTE BEFORE MOVING ON

#### CHEST

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute

#### SWITCH WORKOUT FOR CHEST

12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

#### REST FOR 1 MINUTE BEFORE MOVING ON

**BICEPS**

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute
<b>SWITCH WORKOUT FOR BICEPS</b>			
12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

**REST FOR 1 MINUTE BEFORE MOVING ON****TRICEPS**

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute
<b>SWITCH WORKOUT FOR TRICEPS</b>			
12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

**REST FOR 1 MINUTE BEFORE MOVING ON****SHOULDERS**

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute
<b>SWITCH WORKOUT FOR SHOULDERS</b>			
12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

**REST FOR 1 MINUTE BEFORE MOVING ON****TOTAL TIME: 54 minutes****LOWER BODY WORKOUT****ABS, QUADS HAMSTRINGS, CALVES, INNER THIGH/GROIN**

You will be selecting 2 exercises for the each muscle group and doing 12 reps for each at 2 times at a moderate and comfortable weight limit. You should be burning by your third set, because it will be a different lift than your first.

**ABS**

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute
<b>SWITCH WORKOUT FOR ABS</b>			
12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

**REST FOR 1 MINUTE BEFORE MOVING ON****QUADRICEPS**

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute
<b>SWITCH WORKOUT FOR QUADRICEPS</b>			
12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

**REST FOR 1 MINUTE BEFORE MOVING ON**

**HAMSTRINGS**

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute

**SWITCH WORKOUT FOR HAMSTRINGS**

12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

**REST FOR 1 MINUTE BEFORE MOVING ON****CALVES**

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute

**SWITCH WORKOUT FOR CALVES**

12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

**REST FOR 1 MINUTE BEFORE MOVING ON****INNER THIGH/GROIN**

Reps	Intensity	Feeling	Rest Period
12	5	Warm up	1 minute
12	6	Starting to feel tension	1 minute

**SWITCH WORKOUT FOR INNER THIGH/GROIN**

12	7	Feeling quite a burn	1 minute
12	8	Consistent burn	1 minute

**REST FOR 1 MINUTE BEFORE MOVING ON****TOTAL TIME: 45 minutes****CARDIO - Done in spin class and on rides.**