



Hannah's 45 Minute Cycle Workout

Welcome to your 45 minute cycle class, in the comfort of your own home! Make sure to stretch out your hips and legs before hopping on the bike to ease any tension that is bound to come from sitting through hours of Zoom meetings :) This workout will feature RPE, or Rate of Perceived Exertion scale, to track how hard you should be working as everyone's bike will have a different gear configuration. 1 is barely working and 10 is barely moving the pedals. Go at your own pace, listen to your body, take water breaks whenever you need to, and most of all have fun!

Follow along with my playlist on Spotify:

<https://open.spotify.com/playlist/6pmozPqvwpjct1ARS6Q8mA?si=n-ZAbDnaSVygs17jwSsOLw>

Warm Up:

1. Something Just Like This-*Coldplay*
2. Take this time to set your intentions for these 45 minutes. What do you want to get out of class today?
 - a. RPE: 1-3
 - b. First 2 minutes: Start by spinning out your legs at a low gear. Roll your shoulders a couple times to release upper body tension. Stretch one arm over your head for 10 seconds, then the other arm. Center your body and settle into a seated posture; chest up, shoulders back. Start to pick up your leg pace.
 - c. Remaining 2 minutes: push for 30 seconds, then return to a relaxed pace.
 - i. RPE: 3

Workout:

3. We Found Love- *Rihanna and Calvin Harris*
 - a. RPE: 3-4
 - b. 30 seconds out of the saddle, 30 seconds in. Repeat for the entire song.
 - c. Gear should be medium. In other words, doable both in and out of the saddle with neither being too easy or too hard. Adjust your gear accordingly throughout the song.
4. Hey I Don't Know-*KONGOS*
 - a. This song is all about maintaining the beat. Find it and lock in! On each push, turn up your gear and RPE.
 - b. Maintain RPE 5, Push to 7 RPE
 - c. Pushes:
 - i. 1:12->2:00
 - ii. 2:45->3:40
5. Rhythm Is A Dancer-*Breathe Carolina, Dropgun, Kaleena Zanders*
 - a. Mini sprints on the beat drops: RPE 7
 - i. 0:45->1:15
 - ii. 2:18-> End
 - b. Bring down RPE to 4, climb out of the saddle in-between as active recovery
6. Boneless-*Steve Aoki, Chris Lake, Tujamo*

- a. 90 seconds heavy climb (standing) RPE: 6
 - b. 90 seconds seated climb (aim for maintaining climbing gear!) RPE: 8
 - c. Back to 90 seconds heavy climb (standing) RPE: 6
7. She Looks So Perfect-5 *Seconds of Summer*
- a. Standing Sprint on Choruses RPE 7 (find the beat!)
 - i. 0:45->1:20
 - ii. 1:45->2:20
 - iii. 2:45->End
 - b. 5-6 RPE for recovery in between, seated
8. Higher Love- *Kygo, Whitney Houston*
- a. Endurance work: RPE 8-9
 - b. Every 30 seconds, add a small amount of resistance while maintaining the same leg speed. Burn out your legs!
9. Renegade: *Steff da Campo, SMACK*
- a. RPE: 9-10
 - b. This will be your highest resistance of the workout. Crank up the gear and push through!
 - c. Standing climb the whole time! Make sure to push through your entire pedal stroke
10. Judas-*Lady Gaga*
- a. RPE: 7-8
 - b. 30 seconds in the saddle, 30 seconds standing. Repeat for entire song
 - c. Jumps for an added challenge: on each chorus tap your butt back to hover over the seat for 8 counts, then return to standing for 8 counts. Repeat for the chorus.
11. Secrets- *Tiesto, KSHMR, VASSY*
- a. Standing climb for the in-between periods. On the beat drops, turn down resistance and try to spin your legs to tempo. Give these sprints everything you got!
 - b. RPE:10 sprints, 7-8 in recovery periods
 - c. Sprints:
 - i. 1:08->1:40
 - ii. 2:44->3:14

Cool Down

12. A Sky Full of Stars-*Coldplay*
- a. RPE: progress from 3-1 slowly to bring down heart rate
 - b. Continue spinning your legs at a medium resistance for a minute or two
 - c. Start to take off resistance as you feel ready
 - d. Continue to slow your pace for the duration of the song
 - e. Get off the bike as you feel ready and continue to stretch your lower body and rehydrate. Great job!