

Disney Cycle Routine

1. Circle of Life – Warm Up – Light resistance, get feet moving and heart rate up. Every minute alternate between seated and standing (RPE 4/10)
2. When Will My Life Begin – Fast flat – Continue to warm with a little more resistance and maintain a higher cadence (RPE 5/10)
3. Strangers Like Me – Rolling Hill – increase resistance and climb during verse, on chorus drop resistance and sprint (RPE 7/10)
4. Zero to Hero – Speed Challenge – Keep enough resistance to stay in control and keep the speed as high as you can for the track (RPE 7/10)
5. One Jump Ahead – Jumps – alternate between seated and standing. Start with a 16 count then reduce to 8ct or 4ct depending on comfort level (RPE 6/10)
6. I'll Make a Man Out of You – Standing Climb – Add resistance every 30 seconds (RPE 8-9/10)
7. Prince Ali – Rolling Hills – About every 30 seconds alternate between heavy resistance and high speed. Can do either seated or standing. (RPE 7/10)
8. Let It Go – Rolling Hills Continued – Same as previous track but try to keep resistance higher for both climbs and sprints (RPE 8/10)
9. You've Got a Friend in Me – Cool down and stretch legs (hamstrings, quads, glutes, and calves) (RPE 2/10)