

PELOTON WORKOUT PLAN

DATE

BODYWEIGHT + DUMBBELLS

S

45-minute Power Yoga

M

30-minute HIIT run (Outdoor)

T

20-minute Arms & Shoulders Strength

W

OFF (Zen in Ten meditation)

TH

30-minute Fun Run (Outdoor)

F

20-minute Glutes & Legs Strength

S

20-minute HIIT Cardio
+ 10-minute Total Body Stretch

The Fitnessista™

 being fit is always in style