

PELOTON WORKOUT PLAN

DATE

BIKE + APP

S

30-minute Sundays with Love or Groove Ride

M

20-minute Arms and Shoulders
+ 10 minute Core Workout

T

45-minute ride using intervals
(Live DJ, Tabata, or HIIT & Hills)

W

OFF (Zen in Ten Meditation)

TH

15-min HIIT ride + 10-min Full Body Strength

F

20-minute Glutes & Legs Strength
+ 10-minute Core

S

OFF (10-minute Glutes & Legs Stretch)

The Fitnessista™



being fit is always in style