

PELOTON WORKOUT PLAN

DATE

TREADMILL + APP

S

45-minute HIIT Run

M

30-minute Full Body Strength

T

30-minute Fun Run
+ 10-minute Full Body Stretch

W

OFF (10-minute Restorative Yoga)

TH

20-minute Hills Run
+ 10-minute Arms Toning

F

45-minute Bootcamp: Full Body

S

OFF (Zen in Ten meditation)

The Fitnessista™



being fit is always in style