

PELOTON WORKOUT PLAN

DATE

TREADMILL, BIKE, & WEIGHTS

S

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

M

30-minute Bootcamp: Full Body

T

OFF (10-minute Full Body Stretch)

W

20-minute Arms & Shoulders Strength
+ 10-minute Core Strength

TH

30-minute Intervals Run or 30-minute HIIT Ride

F

OFF (10-minute Restorative Yoga)

S

30-minute Fun Run or Groove Ride
+ 10-minute Glutes & Legs Strength

The Fitnessista™



being fit is always in style