

PELOTON WORKOUT PLAN

DATE

APP ONLY PLAN

S

60 min Bootcamp: Full Body

M

30 min Outdoor Run
or 30 min Power Walk

T

20 min Chest & Back Strength
10 minute Core Strength

W

20 min Glutes & Legs Strength
15 min HIIT Cardio

TH

OFF or gentle

F

45 min Yoga Flow OR
45 min Pilates

S

30 min HIIT Cardio OR
30 min Outdoor Run

