

# 12 WEEK PELOTON WORKOUT PLAN

WEEK 1

<p><b>DAY 1</b> Hannah Corbin 15min <b>Low Impact Ride</b> 2/9/20 @2:15</p>	<p><b>DAY 2</b> Jess Sims 45min <b>Bike Bootcamp: Full Body</b> 1/18/21 @5:00</p>	<p><b>DAY 3</b> Robin Arzon: <b>20min Pop Ride</b> 9/12/19 @10:30 <b>20min Glutes/Legs</b> 11/16/20 @12:00</p>	<p><b>DAY 4</b> Alex Toussaint: <b>20min Tabata Ride</b> 10/5/20 @8:05 <b>15min Core</b> 12/19/19 @2:30</p>	<p><b>DAY 5</b> Emma Lovewell <b>45min Intervals &amp; Arms Ride</b> 4/3/20 @12:00</p>	<p><b>DAY 6</b> Hannah Corbin <b>45min Climb Ride</b> 2/16/20 @10:00 Emma Lovewell <b>5min Core Strength</b> 11/2/19 @8:30</p>	<p><b>DAY 7</b> Kendall Toole <b>30min Rock Ride</b> 12/20/20 @8:00</p>
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WEEK 2

<p><b>DAY 8</b> Denis Morton <b>15min Full Body Stretch</b> 7/26/19 @2:15</p>	<p><b>DAY 9</b> Ben Alldis: <b>20min Hip Hop Ride</b> 9/14/20 @2:55 <b>15min Full Body Strength</b> 1/25/21 @1:00</p>	<p><b>DAY 10</b> Jenn Sherman <b>30min Climb Ride</b> 12/9/19 @12:30</p>	<p><b>DAY 11</b> Tunde Oyeneyin <b>30min Bootcamp: Core</b> 12/11/20 @9:00</p>	<p><b>DAY 12</b> Emma Lovewell: <b>15min 90s Ride</b> 8/10/19 @8:00 <b>10min Core Strength</b> 11/9/19 @8:30 <b>10min Arms Toning</b> 2/23/21 @ 5:45</p>	<p><b>DAY 13</b> Jess King <b>20min HIIT Ride</b> 2/18/21 @12:05 Selena Samuela <b>20min Lower Body Strength</b> 8/16/20 @12:35</p>	<p><b>DAY 14</b> Rebecca Kennedy: <b>5min HIIT Cardio Warm Up</b> 1/27/21 @10:00 <b>30min HIIT Cardio</b> 10/31/20 @10:00</p>
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WEEK 3

<p><b>DAY 15</b> Hannah Corbin <b>10min Full Body Stretch w/Foam Roller</b> 11/25/19 @8:00</p>	<p><b>DAY 16</b> Jess Sims: <b>30min Bootcamp: Full Body</b> 9/29/20 @9:15 <b>10min Core Strength</b> 10/18/20 @7:15</p>	<p><b>DAY 17</b> Hannah Corbin <b>20min 2000s Ride</b> 8/24/20 @8:45 Matty Magiacomo <b>10min Glutes&amp;Legs</b> 10/23/20 @10:00</p>	<p><b>DAY 18</b> Robin Arzon: <b>20min Tabata Ride</b> 1/23/20 @10:30 <b>15min Core Strength</b> 9/30/20 @10:00</p>	<p><b>DAY 19</b> Ally Love <b>45min Intervals &amp; Arms Ride</b> 11/12/20 @6:00</p>	<p><b>DAY 20</b> Kendall Toole <b>30min Climb Ride</b> 12/10/19 @11:30 Emma Lovewell <b>10min Core Strength</b> 11/9/19 @8:30</p>	<p><b>DAY 21</b> Emma Lovewell <b>30min EDM Ride</b> 10/20/19 @5:15</p>
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WEEK 4

<p><b>DAY 22</b> Adrian Williams <b>10min Full Body Stretch</b> 11/21/20 @10:00</p>	<p><b>DAY 23</b> Olivia Amato: <b>15min ClassicRockRide</b> 6/14/20 @5:00 Both from 2/10/21: <b>10min Core Strength@8:30 10min Body Weight Strength @9:00</b></p>	<p><b>DAY 24</b> Denis Morton <b>45min Low Impact Ride</b> 9/6/19 @7:00</p>	<p><b>DAY 25</b> Cody Rigby <b>30min Bootcamp: Core</b> 9/22/20 @9:45</p>	<p><b>DAY 26</b> Christine D'Ercole <b>20min 80sRock Ride</b> 2/8/21 @ 5:00 Chase Tucker <b>15min Upper Body Strength</b> 10/28/20 @12:00</p>	<p><b>DAY 27</b> Sam Yo <b>30min HIIT&amp;Hills</b> 2/3/21 @1:30 Becs Gentry <b>10min Core Strength</b> 7/16/20 @7:45</p>	<p><b>DAY 28</b> Jess King <b>10min WarmUp Ride</b> 1/8/20 @1:35 Jess Sims <b>20min Hip Hop HIIT Cardio</b> 9/29/20 @10:00</p>
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