

12 WEEK PELOTON WORKOUT PLAN

WEEK 1

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

WEEK 2

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

WEEK 3

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

WEEK 4

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