

the spin to circuit workout

Start with an easy cardio warm-up of your choice to get your muscles warm. Hop on the bike for the first 3-minute build, then perform the strength exercises in round 1 off the bike. Hop right back on, and do the same for the remaining rounds. When you finish, do some lighter cycling to bring your heart rate down, then foam roll.

easy dynamic warm-up

round 1

Bike: 2 min easy, 2 min moderate, 1 min SPRINT!
20 walking lunges // 15 push-ups

round 2

Bike: 2 min easy, 2 min moderate, 1 min SPRINT!
20 bounding burpees // 15 thrusters

round 3

Bike: 2 min easy, 2 min moderate, 1 min SPRINT!
20 wall balls // 15 renegade rows

cool down + foam roll