

## Minimal Equipment - Cyclist Home Workout Circuit



Circuit to be completed for reps or for time. You can vary the intensity of the exercise by adjusting the tempo or load.

Please note, if you experience any pain during any of the movements, stop immediately. All exercises should be done in pain free ranges.

The circuit below is meant to serve as a framework. Feel free to reference [MOVEMENT LIBRARY](#) and plug in different variations of the [EXERCISE PATTERN](#). Adjust as necessary.

Order	Exercise Pattern	Exercise	Sets	Reps
1	Squat	Squat	2-4	8-12 or 30sec (max reps)
2	Push	Push Up	2-4	8-12 or 30sec (max reps)
3	Lunge	Split Squat	2-4	8-12 or 30sec (max reps)
4	Row	Partner Towel Row	2-4	8-12 or 30sec (max reps)
5	Anterior Core	Front Plank	2-4	30 sec
6	Lateral Core	Side Plank	2-4	30sec per side
7	Posterior Core	Hip Bridge	2-4	30 sec
8	Rotational Core	Pallof Hold	2-4	30sec per side