



SPIN | FIT

10 Minute Bike | Run | Power Walk

THEN: 60s Per Exercise

REPEAT TWICE total of 40 mins

BIKE | RUN | POWER WALK

10 mins

EXERCISE 60s EACH

1. **Walking Lunges**
2. **Plank**
3. **Arm Cirlces**
4. **Squat Pulses**
5. **Reverse Plank**
6. **Close Grip Push Ups**
7. **Alternating Side Lunges**
8. **Single Leg Dead Lift**
9. **Ab Cylce**
10. **Crunches**