



# **SPIN | FIT**

Perform the below exercises whilst spinning on a stationary bike. **CONSTANT SPINNING**

30 seconds per exercise.

Remember, your legs don't stop!

**REPEAT 3-4 TIMES**

**Forward Punches**

**Lateral Raises**

**Lateral pulses**

**Bicep Curls**

**Bicep Pulses**

**Shoulder Press**

**Close Grip Shoulder Pulses**

**Overhead Tricep Extension**

**Trunk Rotations**

**Alternating Front Raises**

**Reverse Delt Squeezes**

**Praying Elbow Touches**

**60 second SPRINT**