SPIN|FIT

NO BIke? Do Sprints instead

Bike Sprints **10 sec on 10 sec off 2 min**

BW Exercises **2x10 each exercises**

BLOCK 1

Bike or sprints

Inchworms

Alternaitve Supermans

Pushups

BLOCK 2

Bike or sprints

Single leg squat

Rotating side hover

Reverse crunches

BLOCK 3

Bike or sprints

Back extensions

Side plank hip drops

Reverse plank