

Fit Bit Friday 123

The Fresh 14 Workout

****Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.****

Description: No, not to be confused with the 'Freshman 15!' In this mixed strength and cardio session, you'll mix time on the bike with 14 reps of various bodyweight strength moves. Hop on a bike to perform the warm-up and first 1.4 mile block, then hop off and do the exercises listed. As quickly as you can, get straight back on the bike, ride, then hop off... you get it, right?

Time	What to Do	RPE
5 mins	Cycle at an easy/moderate pace to warm up	4 to 6
As long as it takes!	Ride for 1.4 miles at a resistance that engages your full leg but doesn't bog your legs down. (Aim to stay between 70-80 RPMs). Note how long this takes you.	6.5
	Hop off the bike. Do 14 burpees, then hop back on.	
	Reset the time on the bike. Set the resistance to the same as the one you used previously and ride for 1.4 miles. See if you can beat your last time.	7
	Hop off. Do 14 burpees and 14 split lunges (back leg stays elevated on a low part of the bike frame or a step) on each side.	
	Reset the time on the bike. Set the resistance to the same as the one you used previously and ride for 1.4 miles. See if you can beat your last time.	7.5
	Hop off. Do 14 burpees, 14 split lunges on each side, and 14 single leg hops on each side.	
	Reset the time on the bike. Set the resistance to the same as the one you used previously and ride for 1.4 miles. See if you can beat your last time.	8
	Hop off. Do 14 burpees, 14 split lunges on each side, 14 single leg hops on each side, and 14 push-ups.	
	Reset the time on the bike. Set the resistance to the same as the one you used previously and ride for 1.4 miles. See if you can beat your last time.	8.5
	Hop off. Do 14 burpees, 14 split lunges on each side, 14 single leg hops on each side, 14 push-ups, and 14 donkey kicks on each leg.	
5 mins	Cycle at an easy pace to cool down.	6 to 4

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