

**WAC ON WELLNESS**

60-MINUTE CYCLE WORKOUT

Try this ladder cycle workout, incorporating various speed, resistance and position changes to maximize your workout and keep the fun coming! Because ladders are continuous, add some spice to your workout with your favorite songs. Mix up a playlist, and pedal continuously through your jams!

Allow for a 5-10 minute warm-up, pedaling at a comfortable pace with just enough resistance to feel like a flat road. The purpose of the warm-up is to get the blood flowing to active muscle tissue, increase your oxygen exchange capacity, increase flexibility, and mentally prepare.

Be aware of posture and form while pedaling. Be mindful of a relaxed upper body, using handle bars only for balance and focusing on calm, quality breathing patterns. Your core should be stable and centered. Concentrate on smooth, continuous pedal strokes with your feet flat on the pedals. Lastly, allow yourself to be challenged, have confidence in your ability and be proud of the effort you put in!

Level adjustments: Cycling stationary bikes are ideal for any level because you control your cadence and resistance. Feel free to incorporate quick explosive speed intervals, short intense resistance intervals, or combine a bit of both as you follow the ladder sequence. Maximize your workout, there are no limits to what you can accomplish!

Workout:

- 1 minute in the saddle, 1 minute in running position (hand position 2), 1 minute in standing, climbing position (hand position 3).
- 2 minutes in the saddle, 2 minutes in hand position 2, 2 minutes in hand position 3.
- 3 minutes in the saddle, 3 minutes in hand position 2, 3 minutes in hand position 3.
- 4 minutes in the saddle, 4 minutes in hand position 2, 4 minutes in hand position 3.
- 5 minutes in the saddle, 5 minutes in hand position 2, 5 minutes in hand position 3.

Continue with a progressive cool down for an additional 5-10 minutes of comfortable pedaling with just enough resistance for controlled pedal strokes.

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Wisconsin Athletic Club
FIND YOUR FIT.

Always consult your physician before starting any exercise program.
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