CYCLING

INSTRUCTIONS

01 Always wear a helmet while cycling

02 Adjust saddle (seat) height to be at hip level

03 Legs should be almost extended but not fully stretched when pedaling

04 When riding, keep back straight and shoulders extended but relaxed

05 Lights and reflective clothing are highly recommended if you plan to ride at dark

CAUTION

- Do not attempt this exercise if you have vision or balancing problems

PROS & CONS

+ Healthy and affordable method of commuting that is also good for the environment

+ Suitable for most fitness levels

+ Endurance booster

+ Fun exercise

- Can be dangerous with heavy road traffic

- Not recommended in bad weather or at night

TRIVIA

- Earliest verified use of practical bicycle dates back to 1817

CHALLENGE MILES

- 3:1

CYCLING

RAM fitness
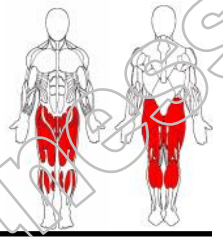
ROUTINE SAMPLES

ROUTINE# 001

► Record the most distance you can cover cycling for 30 minutes

► Repeat 2-3 times a week

► Aim to increase distance by 10% every 4 weeks

ROUTINE# 003

► Cycle at an easy pace for 1 minute

► Cycle at a fast or higher gear for 1 minute

► Repeat until you complete 30 minutes

ROUTINE# 002

► Cycle at an easy pace for 1 minute

► Increase intensity (or gear) slightly and cycle another 1 minute (easy to moderate intensity)

► Increase intensity (or gear) again and cycle for 45 seconds (moderate intensity)

► Increase intensity (or gear) again and cycle another 45 seconds (moderate to hard intensity)

► Increase intensity (or gear) again and cycle for 30 seconds (hard intensity)

► Rest for 1 minute. Repeat as many rounds as you can
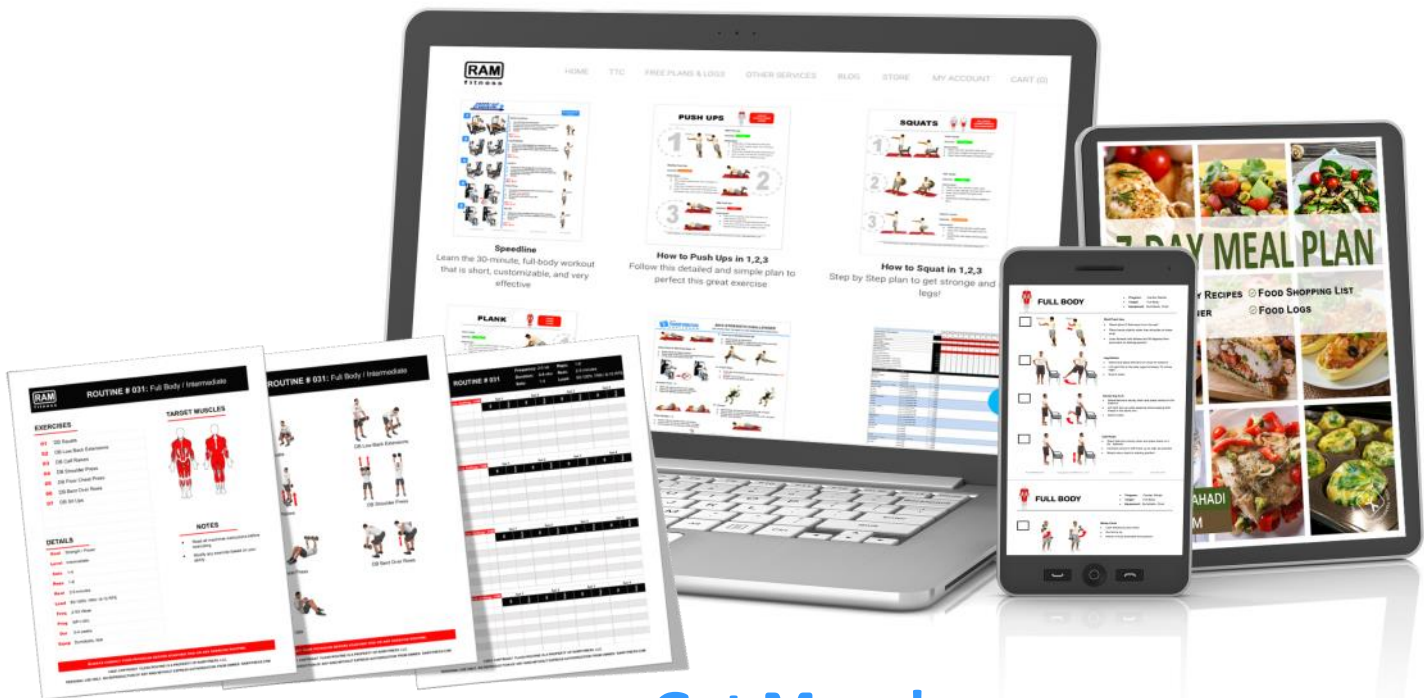
ALTERNATE OPTIONS

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Yoga

Swimming

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