



PELOTON[®]

Summer Shred

get fit for summer with Peloton!

MONTH / WEEK:1

DATE	MY WORKOUT PLAN	COMPLETE?
Monday	30 min strength roll call Rebecca Kennedy 30 min Pop Ride Robin Arzon	Yes / No
Tuesday	30 min Intervals + Arms Ride Cody Rigsby 20 min Glutes + Legs Strength Logan Aldridge	Yes / No
Wednesday	30 min Club Bangers Ride Alex Toussaint 30 min Full Body Strength Jess Sims	Yes / No
Thursday	30 min Feel Good Ride Ally Love 10 min Glutes + Legs Strength Selena Samuela	Yes / No
Friday	Extra 10 Tabata Ride Camila Ramon 20 min Hiit + Hills Ride Hannah Frankson	Yes / No
Saturday	45 min Metrics Ride Tunde Oyeneyin	



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MONTH / WEEK:2

DATE	MY WORKOUT PLAN	COMPLETE?
Monday	30 min Pilates Kristin McGee 20 min Climb Ride Alex Toussaint	Yes / No
Tuesday	30 min Club Bangers Ride Alex Toussaint 20 min Chest + Back Strength Irene Keymer	Yes / No
Wednesday	20 min Tabata Ride Bradley Rose 30 min Strength Roll Call Glutes + Legs Adrian Williams	Yes / No
Thursday	30 min Cardi B Ride Robin Arzon 30 min Pilates Aditi Shah	Yes / No
Friday	45 min HIIT _ Hills Ride Emma Lovewell 20 min Full Body Strength Andy Speer	Yes / No
Saturday	30 min HIIT Ride Kendall Toole 20 min Climb Ride Emma Lovewell	



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MONTH / WEEK:3

DATE	MY WORKOUT PLAN	COMPLETE?
Monday	10 min Arms + Shoulders Strength Robin Arzon 20 min Pop Ride Ride Alex Toussaint	Yes / No
Tuesday	45 min Hip Hop Ride Alex Toussaint 20 min Glutes + Legs Strength Logan Aldridge	Yes / No
Wednesday	30 min 2010s Hip Hop Ride Kendall Toole 30 min Strength Roll Call Body Weight Rebecca Kennedy	Yes / No
Thursday	30 min Pop Ride Emma Lovewell Flash 15 Jess Sims	Yes / No
Friday	30 min HIIT Ride Alex Toussaint 30 min Full Body Strength Jess Sims	Yes / No
Saturday	30 min Intervals Ride Emma Lovewell 15 min Tabata Ride Olivia Amato	



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MONTH / WEEK:4

DATE	MY WORKOUT PLAN	COMPLETE?
Monday	60 min Total Strength Andy Speer 30 min Hip Hop Ride Emma Lovewell	Yes / No
Tuesday	20 min Intervals Ride Robin Arzon 15 min Core Strength Olivia Omato	Yes / No
Wednesday	20 min Tabata Ride Tunde Oyeneyin 10 min Glutes + Legs Strength Rebecca Kennedy	Yes / No
Thursday	15 min HIIT Ride Cody Rigsby 30 min Intervals + Arms Ride Ally Love 20 min Upper Body Strength Rad Lopez	Yes / No
Friday	45 min Country Ride Ally Love 20 min Boxing Bootcamp Full Body Selena Samuela	Yes / No
	60 min Power Zone Ride Tunde Oyeneyin	