

FITSPIRIT MOTHER/DAUGHTER CHALLENGE


presented by  Sun Life

Program designed
by Isabelle Gagnon,
kinesiologist

CYCLING PROGRAM

PERCEIVED EXERTION SCALE (PES)

2 - 4	Very easy
5	easy
6 - 7	Moderately difficult
8	difficult
9	Very difficult
10	Exhausting



Adjust your effort
to respect the indicated
level of difficulty
for each workout.
Refer to this scale.

FRIENDLY TIPS

- Each workout starts with 10 minutes of low-intensity cycling (perceived exertion scale: 4-5). At the end of the workout, cool down at the same intensity level for 10 minutes too.
- Ideally, especially if you are a novice cyclist, avoid cycling several days in a row.
- Workouts can be postponed, but it is preferable to respect the order in which they are presented.
- Strength and stretching exercises can help you become a better cyclist. Remember to do them!
- If the weather outside is bad, the cycling workout can be replaced with a walking workout.
- Make sure your bike is well adjusted (handlebars and saddle) and in good working order (proper tire pressure, lubricated chain and brakes in good condition).
- If you are hurt and in pain, replace cycling workouts with other types of training, like walking, swimming or hiking. If the pain persists for more than three days, try to see a health professional specializing in sports.
- If you are short on time or don't feel up to it, try to bike just for 5-10 minutes anyway, at a low-intensity level. A little is always better than none at all!
- Don't limit yourself to the exercises in the training plan. Feel free to perform other forms of physical activity too.
- Remember to bring water to drink whenever you ride your bike.





Do you have questions about the cycling program or physical activity in general? Ask our expert kinesiologist!

kin@fitspirit.ca

CYCLING PROGRAM

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<p>TOTAL: 30 min</p> <p>10 min: bike warm-up</p> <p>10 min: continuous biking</p> <p>10 min: cool down</p> <p>PES 6</p>	<p>STRENGTH TRAINING:</p> <p></p> <p>See the strength training exercise pages or choose a workout from the options you can find on FitSpirit's website</p> <p>STRETCHING: See stretching page.</p>	REST	<p>TOTAL: 30 min</p> <p>10 min: bike warm-up</p> <p>10 min: continuous biking</p> <p>10 min: cool down</p> <p>PES 6</p>	<p>STRENGTH TRAINING:</p> <p></p> <p>See the strength training exercise pages or choose a workout from the options you can find on FitSpirit's website</p> <p>STRETCHING: See stretching page.</p>	<p>TOTAL: 30 min</p> <p>10 min: bike warm-up</p> <p>10 min: continuous biking</p> <p>10 min: cool down</p> <p>PES 6</p>	REST
	WEEK 2	<p>TOTAL: 30 min</p> <p>10 min: bike warm-up</p> <p>10 min: continuous biking</p> <p>10 min: cool down</p> <p>PES 6</p>	<p>STRENGTH TRAINING:</p> <p></p> <p>See the strength training exercise pages or choose a workout from the options you can find on FitSpirit's website</p> <p>STRETCHING: See stretching page.</p>	REST	<p>TOTAL: 30 min</p> <p>10 min: bike warm-up</p> <p>10 min: continuous biking</p> <p>10 min: cool down</p> <p>PES 6</p>	<p>STRENGTH TRAINING:</p> <p></p> <p>See the strength training exercise pages or choose a workout from the options you can find on FitSpirit's website</p> <p>STRETCHING: See stretching page.</p>	<p>TOTAL: 40 min</p> <p>10 min: bike warm-up</p> <p>20 min: continuous biking</p> <p>10 min: cool down</p> <p>PES 6</p>

CYCLING PROGRAM





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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 3	<p>TOTAL: 35 min</p> <p>10 min: bike warm-up</p> <p>15 min: continuous biking</p> <p>10 min: cool down</p> <p>PES 6</p>	<p>STRENGTH TRAINING:</p>  <p>See the strength training exercise pages or choose a workout from the options you can find on FitSpirit's website</p> <p>STRETCHING: See stretching page.</p>	REST	<p>TOTAL: 35 min</p> <p>10 min: bike warm-up</p> <p>15 min: continuous biking</p> <p>10 min: cool down</p> <p>PES 6</p>	<p>STRENGTH TRAINING:</p>  <p>See the strength training exercise pages or choose a workout from the options you can find on FitSpirit's website</p> <p>STRETCHING: See stretching page.</p>	<p>TOTAL: 45 min</p> <p>10 min: bike warm-up</p> <p>25 min: continuous biking</p> <p>10 min: cool down</p> <p>PES 6</p>	REST
	WEEK 4	<p>TOTAL: 35 min</p> <p>10 min: bike warm-up</p> <p>15 min: continuous biking</p> <p>10 min: cool down</p> <p>PES 6</p>	<p>STRENGTH TRAINING:</p>  <p>See the strength training exercise pages or choose a workout from the options you can find on FitSpirit's website</p> <p>STRETCHING: See stretching page.</p>	REST	<p>TOTAL: 35 min</p> <p>10 min: bike warm-up</p> <p>15 min: continuous biking</p> <p>10 min: cool down</p> <p>PES 6</p>	<p>STRENGTH TRAINING:</p>  <p>See the strength training exercise pages or choose a workout from the options you can find on FitSpirit's website</p> <p>STRETCHING: See stretching page.</p>	<p>TOTAL: 50 min</p> <p>10 min: bike warm-up</p> <p>30 min: continuous biking. If possible, try to include 2-3 inclines</p> <p>10 min: cool down</p> <p>PES 6 - 7</p>

CYCLING PROGRAM



WEEK
5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p>TOTAL: 35 min</p> <p>10 min: bike warm-up</p> <p>15 min: continuous biking</p> <p>10 min: cool down</p> <p>PES 6</p>	<p>STRENGTH TRAINING:</p>  <p>See the strength training exercise pages or choose a workout from the options you can find on FitSpirit's website</p> <p>STRETCHING: See stretching page.</p>	<p>REST</p>	<p>TOTAL: 35 min</p> <p>10 min: bike warm-up</p> <p>15 min: bike including 6x(30 s fast / 1 min slow)</p> <p>10 min: cool down</p> <p>PES 7 - 8</p>	<p>STRENGTH TRAINING:</p>  <p>See the strength training exercise pages or choose a workout from the options you can find on FitSpirit's website</p> <p>STRETCHING: See stretching page.</p>	<p>TOTAL: 60 min</p> <p>10 min: bike warm-up</p> <p>40 min: continuous biking. If possible, try to include 2-3 inclines</p> <p>10 min: cool down</p> <p>PES 6-7</p>	<p>REST</p>
	<p>TOTAL: 35 min</p> <p>10 min: bike warm-up</p> <p>15 min: continuous biking</p> <p>10 min: cool down</p> <p>PES 6</p>	<p>STRENGTH TRAINING:</p>  <p>See the strength training exercise pages or choose a workout from the options you can find on FitSpirit's website</p> <p>STRETCHING: See stretching page.</p>	<p>REST</p>	<p>TOTAL: 40 min</p> <p>10 min: bike warm-up</p> <p>20 min: bike including 10x(30 s fast / 1 min slow)</p> <p>10 min: cool down</p> <p>PES 7 - 8</p>	<p>STRENGTH TRAINING:</p>  <p>See the strength training exercise pages or choose a workout from the options you can find on FitSpirit's website</p> <p>STRETCHING: See stretching page.</p>	<p>TOTAL: 70 min</p> <p>10 min: bike warm-up</p> <p>50 min: continuous biking. If possible, try to include 2-3 inclines</p> <p>10 min: cool down</p> <p>PES 6 - 7</p>	<p>REST</p>

WEEK
6

CYCLING PROGRAM

WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>TOTAL: 35 min</p> <p>10 min: bike warm-up</p> <p>15 min: continuous biking</p> <p>10 min: cool down</p> <p>PES 6</p>	<p>STRENGTH TRAINING:</p>  <p>See the strength training exercise pages or choose a workout from the options you can find on FitSpirit's website</p> <p>STRETCHING: See stretching page.</p>	<p>REST</p>	<p>TOTAL: 40 min</p> <p>10 min: bike warm-up</p> <p>20 min: bike including 8x(45 s fast / 1 min slow)</p> <p>10 min: cool down</p> <p>PES 7-8</p>	<p>STRENGTH TRAINING:</p>  <p>See the strength training exercise pages or choose a workout from the options you can find on FitSpirit's website</p> <p>STRETCHING: See stretching page.</p>	<p>TOTAL: 50 min</p> <p>10 min: bike warm-up</p> <p>30 min: continuous biking. If possible, try to include 2-3 inclines</p> <p>10 min: cool down</p> <p>PES 6-7</p>	<p>REST</p>

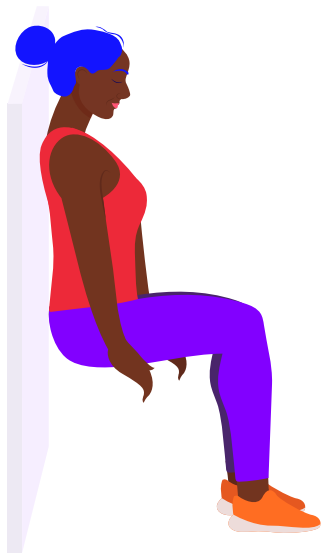
WEEK 8

<p>TOTAL: 30 min</p> <p>10 min: bike warm-up</p> <p>10 min: continuous biking</p> <p>10 min: cool down</p> <p>PES 6</p>	<p>STRENGTH TRAINING:</p>  <p>See the strength training exercise pages or choose a workout from the options you can find on FitSpirit's website</p> <p>STRETCHING: See stretching page.</p>	<p>REST</p>	<p>TOTAL: 30 min</p> <p>10 min: bike warm-up</p> <p>10 min: continuous biking</p> <p>10 min: cool down</p> <p>PES 6</p>	<p>STRETCHING: See stretching page.</p>	<p>WEEKEND OF</p> <p>FITSPIRIT MOTHER/DAUGHTER CHALLENGE</p> <p>presented by  Sun Life</p>	
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STRENGTH TRAINING EXERCISES

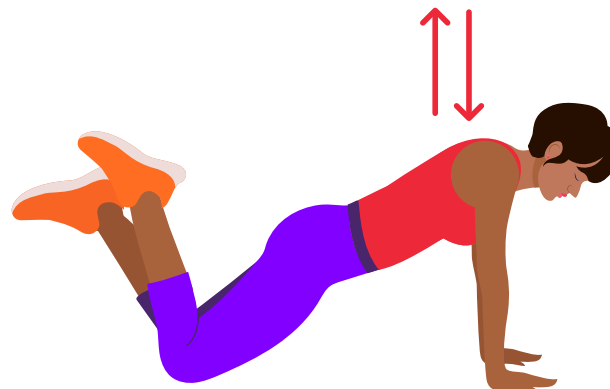
Perform each exercise back-to-back.
Rest for one minute and repeat a second time.

WEEKS 1 TO 4



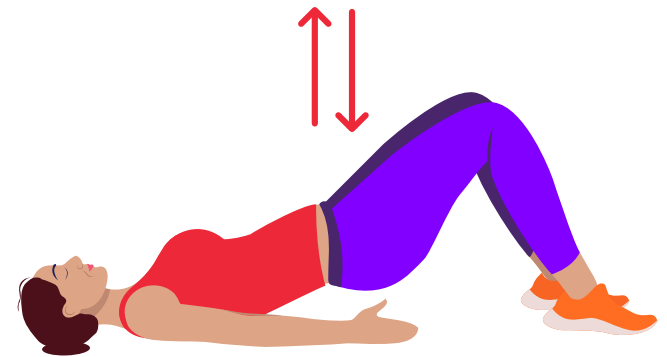
**CHAIR, BACK
AGAINST WALL**

30 S



**PUSH UPS ON KNEES
OR TOES**

15 REPETITIONS



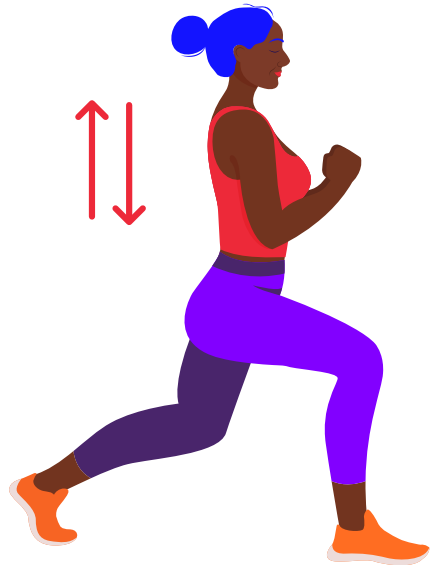
**DOUBLE LEG BRIDGE
FEET FLAT AGAINST
FLOOR**

15 REPETITIONS

STRENGTH TRAINING EXERCISES

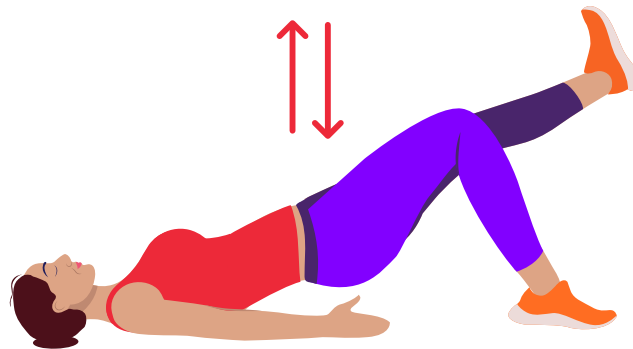
Perform each exercise back-to-back.
Rest for one minute and repeat a second time.

WEEKS 5 TO 8



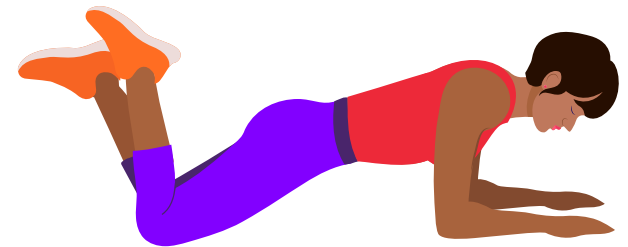
LUNGES

12 REPETITIONS
ON EACH SIDE



SINGLE LEG BRIDGE

12 REPETITIONS
ON EACH SIDE



**PLANK ON KNEES
OR TOES**

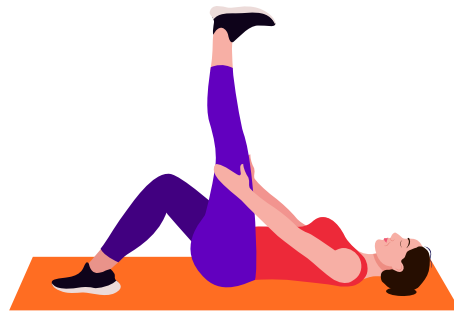
30 S

STRETCHING

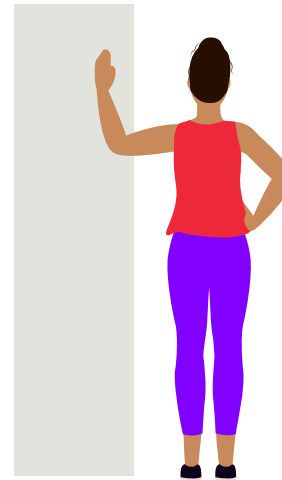
Hold each position 30 s to 1 minute on each side.



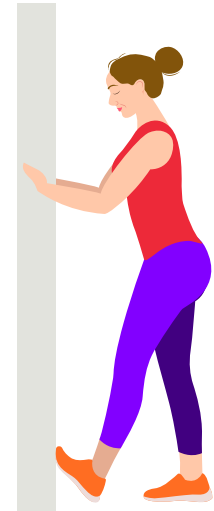
QUADRICEPS
(FRONT OF THIGH)



HAMSTRINGS
(BACK OF THIGH)



**PECTORALS AND
SHOULDERS**



CALVES
(BACK OF LOWER LEG)

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