

# TIGER AQUATICS SENIOR MAKEUP WORKOUT

## Bike Workout

### ABS / CORE / SHOULDER REHAB

Complete our regular ABS, Core, and Shoulder Strength routines

#### 40 Minute Bike

Solid and continuous effort over 40 minutes. Slowly buildup the last 10 minutes to **FAST**. Don't forget your water bottle.

#### OR

#### 30 Minute Bike (if you have a machine)

5 Minute Warmup

4 Minute Slow Buildup to **FAST**

1 Minute Easy

2 x [:10 **FAST** / :50 Easy / :20 **FAST** / :40 Easy  
/ :30 **FAST** / :30 Easy / :40 **FAST** / :20 Easy / :50  
**FAST** / :10 Easy / 1 Minute **FAST** / 1 Minute Easy]

4 x [1 minute **FAST** / :30 Easy]