

# RESET!

## Workout of the Day



## Celebrate and Cycle

by Karen Ruppert, Director of Operations,  
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45 Minute Cycle Workout

### Warm up

One of These Nights – Eagles

### Workout Segment – 4 min exertion: 2 min recovery

Renegade – Styx (easy climb still part of warm up)

A-Punk - Vampire Weekend (Quick Tempo fast legs)

I Hate Myself for Lovin You – Joan Jett (climb)

A-Punk - Vampire Weekend (recovery)

American Woman – The Guess Who (climb)

A-Punk - Vampire Weekend (recovery)

La Grange – ZZ top (climb)

A-Punk - Vampire Weekend (recovery)

Crossfire – Stevie Ray Vaughan (climb)

A-Punk - Vampire Weekend (recovery)

Burning Down the House (climb)

### Cool Down

Werewolves of London – Warren Zevon