



EVENTFIT

15 Minute Rider Fitness Workouts

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15 Min Total Body Blast

Perform each move for 45s and rest for 15s. Complete 3 rounds. Total time: 15 mins

Click on exercise for video demonstration

1. [Inchworm](#)
2. [Lunges](#)
3. [Bent Over Row](#)
4. [Plank](#)
5. [Sofa Press Ups](#)





15 Min Core Blast

Perform each move for 45s and rest for 15s. Complete 3 rounds. Total time: 15 mins
Click on exercise for video demonstration

1. Sofa Plank Up Downs
2. Leg Lowers
3. Side Plank w/ Leg Raise
4. Russian Twist
5. BirdDog





15 Min Lower Body Blast

Perform each move for 45s and rest for 15s. Complete 3 rounds. Total time: 15 mins
Click on exercise for video demonstration

1. Goblet Squat
2. Romanian Deadlift
3. Glute Bridge
4. Crab Walk
5. Lunge





15 Min Upper Body Blast

Perform each move for 45s and rest for 15s. Complete 3 rounds. Total time: 15 mins
Click on exercise for video demonstration

1. Blackburns
2. Adduct-Flye-Rotate
3. Bent Over Row
4. Tricep Extensions
5. Plank w/ Elbow Taps



Disclaimer

- EventFit by Jenni Douglas strongly recommends that you consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. EventFit by Jenni Douglas is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or determining the effect of any specific exercise on a medical condition.
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