



Four-week Workout Spin by Maria

Program has three weekly 45-minute workouts.
Each class has a corresponding playlist available on Spotify.*

- You will work on sprint and endurance.
- During the workouts, try to stay with the beat as best you can while maintaining control. If you are ahead of the beat, you need to increase your resistance! You can do more!
- For seated sprints, make sure your hips are not flying up and down. Increase resistance! Have fun!

Spin by Maria, Week 1A

Playlist:* On Spotify, search Maria Teresa Mastellone, *SpinWeek1WorkoutA*

Song	Resistance	Description
Hips don't Lie by Shakira	5-7	Warm-up: On the bike and spin easy for four minutes. Use light resistance pedaling at a moderate speed. Gradually step up the intensity/resistance and let your body warm up naturally.
Viva La Vida by Coldplay	7-8	Increase speed. Every minute stand up and speed for 15 seconds. Repeat for entire song.
We found Love by Rihanna	5-6	Speed intervals: 30 seconds fast, then 30 seconds slow.
Snow (Lost Frequencies Remix) by RHCP	8-9	Seated climbing for one minute, then stand climbing for one minute. Repeat for entire song.
Are U with Me, Lost Frequency remix	7-8	Ride to the beat seated flat 20 seconds, then standing flat 20 seconds. Repeat for entire song.
Alarm (original mix)	5-7	Alternate seated flat one minute and stand flat one minute. Repeat for entire song.
Single Ladies by Beyoncé	4-5	Ride to the beat.
I'll be waiting by Lanny Kravits	3	Cool down: Lower the resistance to easy and decrease the heart rate. While pedaling, roll shoulders, stretch arms and neck. Bring feet to three and nine positions. Stretch hamstrings and back. Switch and do the same on the other side.
Shallow by Lady Gaga		Stretch: Carefully get out of the pedals or clips and come to one side of the bike. Stretch with external hip rotation, standing hamstring stretch, quad stretch, standing figure-four stretch and tip-over tuck.

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Spin by Maria, Week 1B

Playlist:* On Spotify, search Maria Teresa Mastellone, *SpinWeek1WorkoutB*

Song	Resistance	Description
Perfect Strangers by Jonas Blue-JP	3-5	Warm-up: On the bike and spin easy for three minutes. Use light resistance pedaling at a moderate speed. Gradually step up the intensity/resistance and let your body warm up naturally.
Higher by Simple Forms	4-5	Start with low resistance and a cadence around 80 rpm. Increase resistance gradually, every 20 seconds. Hold the 80 rpm even as the resistance increases. Hand in Position 2.
This Girl by Kungs	3-5	Start with low resistance and gradually increase. When the trumpet solo stops at 1:02, surge until 1:26. Take the resistance off and start gradually adding until a surge from 2:33 to 3:00.
Heatwave by Robin Shulz	4	Gradual Hill Climb: Start with 15 seconds on small hill, then 30 seconds on a medium hill, one minute on a steep hill, 30 seconds on a medium hill and end with 15 seconds on a small hill.
Synthelicious by Jason Farnham	3-4	Put hand in position 2 and speed seated flat for entire song.
Is This Love by Bob Marley	3-5	30 seconds medium effort 20 seconds hard effort, 10 seconds all-out effort, 30 seconds medium effort followed by 20 seconds hard effort. Increase your resistance to make it harder and then give all-out effort for 10 seconds.
All in my Head by Fifth Harmony		Increase cadence through the song.
Jealousy by Robert DeLong	4	Alternate seated climb one minute (hand in position 2) and stand climb one minute for entire song. Hands in position 3.
Gonna Love Ya by Avicii	4-5	Start in a seated climb on a small hill. One-minute small hill, one-minute medium hill and one-minute steep hill.
Other Side by Romeo Blanco	3-4	Sprints with low resistance: Lower resistance and increase cadence as the song gets faster. Complete two 30-second sprints from 1:08 to 1:38 and 2:43 to 3:12.
Wasted Love by Lash and Simon	3-5	Standing Hill Climb/Seated Sprints: Stand and climb out of the saddle until 1:00 (hands position 3). Drop to the saddle and surge hard against the heavy resistance until 1:24. Get back out of the saddle to climb until 2:05, then sit and surge again until 2:36. Recover for the rest of the song.
You and Me by Bassnect	3-4	Sprint to the finish: Hands in position 3 and seated flat. Sprint for the entire song.
Shine by LoLO	3	Cool down: Lower the resistance to easy and decrease the heart rate. While pedaling, roll shoulders, stretch arms and neck. Bring feet to three and nine positions. Stretch hamstrings and back. Switch and do the same on the other side.

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Spin by Maria, Week 1C

Playlist:* On Spotify, search Maria Teresa Mastellone, *SpinWeek1WorkoutC*

Song	Resistance	Description
Rhythm is a Dancer Snap	2-3	Warm-up: On the bike and spin easy. Use light resistance pedaling at a moderate speed. Gradually step up the intensity/resistance and let your body warm up naturally.
Higher Love by Whitney Houston	2-5	Sprint
Finally by Cece Peniston	3-4	Four 30-second sprints with 30-second recovery. Alternate between hard sprints and easy recovery.
Smells like Teen Spirit by Nirvana ... Welcome to the Jungle by Guns N' Roses	3-7	One-minute flat before hill climb. Seven-minute hill climb: Start at moderate intensity at the base of the hill. Increase resistance each minute and stand for the last two minutes. One-minute downhill to recover.
Proud Mary by Glee Cast	4	Sprint for the entire song.
Beat it by Michael Jackson	3-5	One-minute easy flat with moderate intensity. Three-minute hill climb, increasing resistance every 30 seconds at moderate/hard intensity. 20-second downhill to recover.
Footloose by Kenny Loggins	3-4	Three 40x20-second sprints: 40-second sprint (standing flat) and 20-second recovery (seated flat).
I Wanna Dance with Somebody by Whitney Houston	3	Cool down: Lower the resistance to easy and decrease the heart rate. While pedaling, roll shoulders, stretch arms and neck. Bring feet to three and nine positions. Stretch hamstrings and back. Switch and do the same on the other side.
Sorry by Justin Bieber		Stretch: Carefully get out of the pedals or clips and come to one side of the bike. Stretch with external hip rotation, standing hamstring stretch, quad stretch, standing figure-four stretch and tip-over tuck.

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Spin by Maria, Week 2A

Playlist:* On Spotify, search Maria Teresa Mastellone, *SpinWeek2WorkoutA*

Song	Resistance	Description
Physical by Olivia Newton	2-4	Warm-up: On the bike and spin easy or 3.5 minutes. Use light resistance pedaling at a moderate speed. Gradually step up the intensity/resistance and let your body warm up naturally.
We got the Beat by Glee cast	4-6	Standing climb to the beat. At chorus, move to seated sprint.
The Final Countdown by Europe	3-5	One-minute seated sprint followed by a 20-second rest.
I Want Candy by Aaron Carter	5-7	Jump to the beat on the two and four counts.
Girls Just Wanna have Fun by Cindy Lauper	5-8	Alternate one-minute seated climbing, then one-minute standing climbing for the entire song.
Finally by Cece Peniston	3-4	Speed
Wake me up before U Go Just can't get Enough What I like about You	3-5	Nine-minute circuit: Six rounds of one-minute seated sprint followed by 30-second rest
Jump by Van Halen	5-8	Alternate one-minute seated climbing and one-minute standing climbing for the entire song.
Jesse's Girl by Glee cast	3-5	Sprint
Drops of Jupiter by Train	2-4	Cool down: Lower the resistance to easy and decrease the heart rate. While pedaling, roll shoulders, stretch arms and neck. Bring feet to three and nine positions. Stretch hamstrings and back. Switch and do the same on the other side.
All of You by John Legend		Stretch: Carefully get out of the pedals or clips and come to one side of the bike. Stretch with external hip rotation, standing hamstring stretch, quad stretch, standing figure-four stretch and tip-over tuck.

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Spin by Maria, Week 2B

Playlist:* On Spotify, search Maria Teresa Mastellone, *SpinWeek2WorkoutB*

Song	Resistance	Description
Treat you Better by Shawn Mendez	3-5	Warm-up: On the bike and spin easy for five minutes. Use light resistance pedaling at a moderate speed. Gradually step up the intensity/resistance and let your body warm up naturally.
Holding On by Disclosure	6	Sprint at 2:20 for 30 seconds, slow for 10 seconds. Repeat for entire song.
Mood 4 Eva by Beyoncé and Jay-Z	4-6	Ride to the beat.
Rob and Jack by Sabale (original mix)	4-5	Sprint at 1:00 x 20 seconds and slow for 10 seconds. Repeat for entire song.
Hips don't Lie by Shakira	4-6	Ride to the beat.
Where have You Been by Rihanna	6-7	Sprint at 0:29 for 40 seconds and slow for 20 seconds. Repeat for entire song.
Down (remix) by Jay Sean	5	Ride to the beat.
Hula Hoop by OMI	3-5	Alternate one minute seated flat and one-minute standing flat. Repeat for entire song.
Sorry by Justin Bieber	2-3	Cool down: Lower the resistance to easy and decrease the heart rate. While pedaling, roll shoulders, stretch arms and neck. Bring feet to three and nine positions. Stretch hamstrings and back. Switch and do the same on the other side.
Demons by Imagine Dragons		Stretch: Carefully get out of the pedals or clips and come to one side of the bike. Stretch with external hip rotation, standing hamstring stretch, quad stretch, standing figure-four stretch and tip-over tuck.

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Spin by Maria, Week 2C

Playlist:* On Spotify, search Maria Teresa Mastellone, *SpinWeek2WorkoutC*

Song	Resistance	Description
Good Life by OneRepublic	3	Warm-up: On the bike and spin easy for four minutes. Use light resistance pedaling at a moderate speed. Gradually step up the intensity/resistance and let your body warm up naturally.
Samba Sujo	5-6	One minute seated flat. Then, alternate one minute seated flat and one-minute standing flat for the entire song.
Can't Stop the Feeling by Jayne Mendez	5	Sprint at 0:58 (standing flat) then seated flat 2.32 until the beat slows.
Old Town Road by Lil Nas X	5	Ride to the beat.
Love Me Harder by Ariana Grande	4-5	Alternate one minute seated flat and one-minute standing flat for the entire song.
More than You Know by Axwell	5	Alternate one minute seated flat and one-minute standing flat for the entire song.
Underdog by Alicia Keys	5-6	Ride to the beat.
Sunrise by Kygo	3-4	Alternate one minute seated flat and one-minute standing flat for the entire song.
Call on Me by Stanley	4	Ride to the beat.
Thinking out Loud by Ed Sheeran	2-3	Cool down: Lower the resistance to easy and decrease the heart rate. While pedaling, roll shoulders, stretch arms and neck. Bring feet to three and nine positions. Stretch hamstrings and back. Switch and do the same on the other side.
Death Bed by Powfu		Stretch: Carefully get out of the pedals or clips and come to one side of the bike. Stretch with external hip rotation, standing hamstring stretch, quad stretch, standing figure-four stretch and tip-over tuck.

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Spin by Maria, Week 3A

Playlist:* On Spotify, search Maria Teresa Mastellone, *SpinWeek3WorkoutA*

Song	Resistance	Description
Summer Paradise by Simple Plan	3	Warm-up: On the bike and spin easy for seven minutes. Use light resistance pedaling at a moderate speed. Gradually step up the intensity/resistance and let your body warm up naturally.
Airplanes by B.O.B	4-5	At 0:58, stand flat then alternate one minute seated flat and one-minute standing flat for the entire song.
Fast Car by Jonas Blue ft. Dakota	5-6	Ride to the beat.
This is what you came for by Calvin Harris	5-7	Start on a rolling hill, turning up resistance gradually until 1:21. Then surge against heavy resistance at around 90 rpm until 1:48. Take the resistance off to start at the bottom of the next hill and add it back gradually until 2:44. Surge against heavy resistance until 3:10.
These Days by Jess Glynne, Macklemore and Dan Caplen	3-4	Ride to the beat.
Don't let me Down	5	Alternate one minute seated flat and one-minute standing flat for the entire song. Each set is 20 seconds of all-out effort followed by 10 seconds of recovery. Alternate for entire song.
More Than You Know by Axwell & Ingrosso	4-6	Ride to the beat.
Still got Time by Zayn	6	Alternate one-minute climbing and one-minute standing flat for the entire song.
Viva La Vida by Coldplay	3-4	Ride to the beat.
You're Beautiful by James Blunt	2-3	Cool down: Lower the resistance to easy and decrease the heart rate. Roll shoulders, lower leg stretches and thigh stretches.
Stuck with U Moonlight by Justin Bieber and Ariana Grande		Stretch: Carefully get out of the pedals or clips and come to one side of the bike. Stretch with external hip rotation, standing hamstring stretch, quad stretch, standing figure-four stretch, and tip-over tuck.

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Spin by Maria, Week 3B**Playlist:*** On Spotify, search Maria Teresa Mastellone, *SpinWeek3WorkoutB*

Song	Resistance	Description
I Want it that way- Backstreet Boys	3	Warm-up: On the bike and spin easy for 3.45 minutes. Use light resistance pedaling at a moderate speed. Gradually step up the intensity/resistance and let your body warm up naturally.
Colors by Halsey	4-7	Start in the saddle on a small hill for one minute. Add resistance and climb on a medium hill for one minute. Add more resistance and stay in the saddle to climb a steep hill for one minute. End by adding more resistance and take it out of the saddle to third position to climb for one minute.
Sugar (remix) by Maroon 5	5	Mountain switchbacks: Climb in the saddle on a medium hill. Every 30 seconds stand into third position to climb at highest possible cadence for 10 seconds to turn the corner for the next switchback. Take it back to the saddle and start the process again.
Don't Let Me Down by The Chainsmokers	5-7	Each set is 20 seconds all-out effort followed by 10 seconds of recovery. Alternate for two minutes, then recover for the remainder of the song.
This is what You came for by Calvin Harris	6-7	Start on a rolling hill. Gradually turn up resistance until 1:21. Surge against heavy resistance until 1:48. Take the resistance off to start at the bottom of the next hill. Gradually add it back until 2:44 Again, surge against heavy resistance until 3:10.
Work from Home by Fifth Harmony	4-5	Stand in second position on a flat road and recover. From 1:09 to 1:28 sit and push. Then take it back out of the saddle to recover until 2:37. Sit and push the remainder of the song.
On My Mind by Ellie Golding	5-6	On a flat road until 1:07. Start first push when the music picks up.
Capsize by Frenship	4-7	On a flat road, find a challenging cadence between 80-95 rpm. Hold onto it as you slowly add on resistance for entire song.
Love Myself by Kream	5-7	Sit on a medium hill until 1:00, then take some resistance off. Stand in third position and surge down the hill. Sit down and jump right back into the medium hill climb until 2:00. Then, stand and surge down the hill one more time until 2:20. Sit and find the medium hill again to climb until 2:35. Gradually increase cadence through remainder of song.
Call on me by Starley	5	One-minute push as hard as you can. Then recover for 45 seconds and do a 30-second sprint to the finish line.
New Shoes by Paolo Nutini	2-3	Cool down: Lower the resistance to easy and decrease the heart rate. While pedaling, roll shoulders, stretch arms and neck. Bring feet to three and nine positions. Stretch hamstrings and back. Switch and do the same on the other side.
Sunrise by Norah Jones		Stretch: Carefully get out of the pedals or clips and come to one side of the bike. Stretch with external hip rotation, standing hamstring stretch, quad stretch, standing figure-four stretch and tip-over tuck.

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Spin by Maria, Week 3C**Playlist:*** On Spotify, search Maria Teresa Mastellone, *SpinWeek3WorkoutC*

Song	Resistance	Description
Down by Jay Sean featuring Lil Wayne	2-4	Warm-up: On the bike and spin easy for 3.5 minutes. Use light resistance pedaling at a moderate speed. Gradually step up the intensity/resistance and let your body warm up naturally.
All of the Lights by Kanye West	5	Ride to the beat. Sprint in third position during the chorus.
Wanna be by Spice Girls	5-6	Ride to the beat.
Just A Dream by Nelly	5-7	Ride to the beat. Alternate one minutes seated flat and one-minute standing flat through the entire song.
Underdog by Alicia Keys and THR3AT	4-5	Ride to the beat and stand flat on the chorus.
We Found Love by Rihanna	5	Ride to the beat. Alternate one minutes seated flat and one-minute standing flat through the entire song.
Party in the USA by Miley Cyrus	4-5	Ride to the beat.
Crazy by Lost Frequencies	4	Seated flat ride to the beat.
On My Way by Alan Walker, Sabrina Carpenter and Farruko	4-5	Ride to the beat. Alternate one minutes seated flat and one-minute standing flat through the entire song.
It Ain't Me by Kygo and Selena Gomez	2-3	Cool down: Lower the resistance to easy and decrease the heart rate. While pedaling, roll shoulders, stretch arms and neck. Bring feet to three and nine positions. Stretch hamstrings and back. Switch and do the same on the other side.
Last Request by Paolo Nutini		Stretch: Carefully get out of the pedals or clips and come to one side of the bike. Stretch with external hip rotation, standing hamstring stretch, quad stretch, standing figure-four stretch and tip-over tuck.

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Spin by Maria, Week 4A

Playlist:* On Spotify, search Maria Teresa Mastellone, *SpinWeek4WorkoutA*

Song	Resistance	Description
Good Time by Owl City featuring Carly Rae Jepsen	2-4	Warm-up: On the bike and spin easy for 3.5 minutes. Use light resistance pedaling at a moderate speed. Gradually step up the intensity/resistance and let your body warm up naturally.
Mama's Broken Heart by Miranda Lambert	5	Standing run in second position. Sprint during the chorus.
Complicated by Avril Lavigne	6-7	Seated climb. Try to speed up during the chorus.
Still into You by Paramore	5	Ride to the beat.
On top of the World by Imagine Dragons	5	Four- and eight-count jumps. Hover in third position during the chorus.
Brave by Sara Bareilles	5-6	Ride to the beat in seated climb.
Live like a Warrior by Matisyahu	4-6	Standing climb with increasing resistance.
Lucky Strike by Maroon 5	5-6	Standing run in second position. Sit and sprint during the chorus.
Next to me by Emeli Sande	5	Seated climb.
Cheerleader by OMI	5	Standing run hand in second position.
Kiss You by One Direction	4-5	Alternate one minute seated flat and one-minute standing flat for the entire song.
Le feste di Pablo by Cara Fedez	2-3	Cool down: Lower the resistance to easy and decrease the heart rate. While pedaling, roll shoulders, stretch arms and neck. Bring feet to three and nine positions. Stretch hamstrings and back. Switch and do the same on the other side.
Candy by Paolo Nutini		Stretch: Carefully get out of the pedals or clips and come to one side of the bike. Stretch with external hip rotation, standing hamstring stretch, quad stretch, standing figure-four stretch and tip-over tuck.

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Spin by Maria, Week 4B**Playlist:*** On Spotify, search Maria Teresa Mastellone, *SpinWeek4WorkoutB*

Song	Resistance	Description
Uptown Funk by Bruno Mars	3-4	Warm-up: On the bike and spin easy for 4.5 minutes. Use light resistance pedaling at a moderate speed. Gradually step up the intensity/resistance and let your body warm up naturally.
Diamonds by Rihanna	5	Add resistance and keep your hands in position one.
Say my name by Destiny's Child	5-6	Increase resistance to six for 30 seconds and reduce resistance to five for 30 seconds. Repeat through entire song.
Break Free by Ariana Grande	5	Alternate one minute seated flat and one-minute standing flat for entire song.
Bad Blood by Taylor Swift	5-6	Consistent pace. Hands in position one.
Maps by Maroon 5	4	One minute seated flat and sprint. Two minutes standing flat and sprint. Three minutes seated flat and sprint.
Mama's Broken Heart	5-6	Seated climbing one minute on resistance five- and one-minute resistance six. Alternate for entire song.
Lips are Movin' by Meghan Trainor	4-5	Reduce resistance and sprint for 20 seconds. Then moderate pace with last minute standing flat through song.
On the Top of the World by Imagine Dragons	4	Four- and eight-count jumps. Switch from first to third positions.
Counting Stars	3-4	First minute: Sprint during the chorus Second minute: Standing run position two Third minute: Sitting run position three
Heart to Heart by James Blunt	3	Cool down: Lower the resistance to easy and decrease the heart rate. While pedaling, roll shoulders, stretch arms and neck. Bring feet to three and nine positions. Stretch hamstrings and back. Switch and do the same on the other side.
Unconditionally by Katy Perry		Stretch: Carefully get out of the pedals or clips and come to one side of the bike. Stretch with external hip rotation, standing hamstring stretch, quad stretch, standing figure-four stretch and tip-over tuck.

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Spin by Maria, Week 4C**Playlist:*** On Spotify, search Maria Teresa Mastellone, *SpinWeek4WorkoutC*

Song	Resistance	Description
I don't Care by Ed Sheeran	4-6	Warm-up: On the bike and spin easy for 4.5 minutes. Use light resistance pedaling at a moderate speed. Gradually step up the intensity/resistance and let your body warm up naturally.
Jealous by Nick Jonas	4-6	Add resistance with hands in position one.
California Dreamin' by the Mamas and Pappas	5-9	Add resistance for 30 seconds and reduce resistance to five for 30 seconds. Alternate for entire song.
In your Eyes by Robin Shoulz	5-6	Increase resistance every minute. Last minute, standing climb.
Stronger by Britney Spears	5-7	45 second seated climbed and 15 second sprint. Repeat for entire song.
22 by Taylor Swift	4-5	45 second seated climbed and 15 second sprint. Repeat for entire song.
It's my life by Bon Jovi	5-6	One minute seated flat and sprint. One-minute standing flat and sprint. One minute seated flat and sprint.
I bet my life by Imagine dragons	4-5	Keep moderate pace, then 20-second sprint. Continue for entire song.
Drinking Glass by Lee Brice	4-6	Hover in third position for 45 seconds, then standing run for 15 seconds. Repeat for entire song.
Where have you been (Lyrics) by Rihanna	4-5	4- and 8-count jumps. Switch from first to third position.
Find You Again by Camila Cabello	3	Cool down: Lower the resistance to easy and decrease the heart rate. While pedaling, roll shoulders, stretch arms and neck. Bring feet to three and nine positions. Stretch hamstrings and back. Switch and do the same on the other side.
Dancing in the Moonlight by Toploader		Stretch: Carefully get out of the pedals or clips and come to one side of the bike. Stretch with external hip rotation, standing hamstring stretch, quad stretch, standing figure-four stretch and tip-over tuck.

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