

# BIKE & BELLS

An 8-week cycling + strength workout program structured to build lean muscle, improve endurance, and burn fat.

## WHAT TO EXPECT

Bike and Bells is a free indoor cycling and strength workout program designed to maximize muscle growth, decrease body fat, and enhance endurance all with your busy schedule in mind! Over the next 8 weeks you will increase strength, endurance, and mobility all while burning fat and building definition. Bike and Bells includes 3 phases to provide a well-rounded training structure to ensure maximum results! Phase 1 is where we build a solid base! This will consist of full-body resistance training sessions to build a strong foundation, plus endurance-building rides. Phase 2 we work on functional training to increase mobility, stability, and muscular endurance. Our rides during this phase will focus on building speed and increasing resistance. Phase 3, the longest phase, is all about building, strengthening, and defining lean muscle while reducing body fat! Cycling will be HIIT style! Bike and Bells will emphasize simple workouts equal solid results! As mentioned, Bike and Bells is a free program that includes a schedule and workouts, if you'd like to take this program to the next level, you can purchase the Bike and Bells bundle which includes a goal builder, printable calendar, portions at a glance, and loads of extras!

\*Early Access to all NEW workouts is available to members.

Become a member [here!](#)

## WHAT YOU NEED

### REQUIRED EQUIPMENT

- Stationary Bike
- Dumbbells
- Exercise Mat

### OPTIONAL EQUIPMENT

- Kettlebells
- Exercise Box or Bench
- Booty Bands or Mini Resistance Bands
- Ankle/Wrist weights

*You are going to make  
AWESOME things  
happen!  
♥ KC*

If you are looking for any equipment for your workouts, you can find that [here!](#)

## WORKOUT ACCESS & DURATION

Accessing your workout calendar will be done via your dashboard, simply click the workout scheduled for that day and you will be taken to your workout on YouTube. The length of our workouts will vary between 20-40 minutes and some days may include both a cycling and strength workout. Saturday LIVES are optional during Bike and Bells, however, I do highly recommend coming because it is a great way to meet the community, boost motivation, and increase results! The Saturday LIVES are 30 minutes for strength and 45-60 minutes for cycling. Your local time will be noted on YouTube. Our training schedule is 5 days a week, with Friday and Sunday as rest days. You can adjust or take extra rest days if needed!