



Four-week Workout Spin by Kari

Program has 40-minute classes. Recommend three times per week.

Each workout has a corresponding playlist available on Spotify.* Find the profile for Kari Ableman and all the playlists are listed as the corresponding workout.

- 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!

Week 1A

Playlist:* On Spotify, search Kari Ableman MWR Week 1A

Song	Resistance	Description
Electricity by Dua Lipa	Warm up 5-7	Lead with your right foot and find the beat. Increase resistance. Out of the saddle for the chorus and increase resistance to 6-7.
Dirt Off Your Shoulders By Jay Z	Sprints 7-8	Interval Sprints: Pick your favorite lead leg. Try to find the faster beat during the chorus in or out of saddle.
Ride It by Jonas Blue Remix	Seated climb, Jumps 7-8	Increase resistance in the saddle, 8-count jumps at chorus
This is What You Came for by Rhianna	Sprints/HIIT 8-9	Find the beat. Increase resistance to 7 and three sets of sprints, 30 seconds each (:45, 2:03 and 3:05.)
Easier by 5 Seconds of Summer	Standing climb, Isolation 9	Find the slow beat out of the saddle. Three 20-second sets of isolation (no bounce, :49,1:32 and 2:16.)
Stay--Don't Go Away by Dua Lipa	Standing run 8	Standing run with increased resistance. At chorus, add push-ups, if you can.
All I Need by Breathe Carolina	Seated run, 7-8 Standing sprint, 9-10	Seated run, standing sprint uphill with high resistance for 30 seconds (:31 and 1:42.)
Purple Hat by Sofia Tukker	Standing interval run 7-8	Find the fast beat. On the chorus, 20-second stand and run (1:21 and 2:23.)
My Love by Justin Timberlake	Seated climb, Standing isolation 9	At the chorus, seated climb and standing isolation. Increase resistance after each chorus when you sit down.
Youngblood by 5 Seconds of Summer	Seated flat, 6 Standing climb, 8-9	Seated flat for recovery, stand at chorus and increase resistance each time "Youngblood" is said.
Sing by Ed Sheeran	Seated/standing run 7-8	Seated run. At chorus, stand and increase resistance.

Are you Gonna Go My Way by Lenny Kravitz	Seated downhill 7-8	Not a sprint, but FAST. You should be able to keep the beat and maintain cadence the entire song. If you are ahead of the beat, you need to increase resistance.
Here with Me by Marshmallow	Cool down 4-6	Keep pedaling, slow your heart rate to a resting heart rate.

Stretch: On your bike while pedaling, stretch arms and neck Bring feet to 3 and 9 and stretch hamstrings and back. Switch and do same on side. Step off bike and stretch quads.

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Week 1B

Playlist:* On Spotify, search Kari Ableman MWR Week 1B

Song	Resistance	Description
This Girl by Cookin' on 3 Burners	Warm up 4-7	Warm up pace. Increase resistance before standing jog at chorus. Can add upper body sways while standing.
Bad Girl by Usher	Seated/standing intervals 7-8	Find the faster beat. On the chorus, 20-second standing interval run three times. Keep the resistance while seated if you can.
Circles by Post Malone	Seated run, Jumps 8	Four-count chorus jumps: Stay out of saddle for four count, then sit and repeat. Slightly increase resistance after each chorus in your saddle.
Dark Horse by Katy Perry	Climb, Standing isolation 7-9	Seated climb, SLOW pace. At the chorus, stand and keep the pace with no bounce, 20 seconds three times.
Closer by Ne-Yo	Seated flat, 7 Seated sprints, 9	Seated sprints: Try to double the pace with 30-second sprints at each chorus (1:01, 2:01 and 3:03.)
Turn Me on by Riton	Seated run, 7 Standing run, 8	Seated run at beat. At chorus, stand and increase resistance and, if comfortable, add push-ups.
Hip Hop Hooray by Naughty by Nature	Seated climb, 8-9 Jumps, 8-9	Two-count jumps at the chorus. Make sure your resistance is high.
Nice to Meet Ya by Niall Horan	Seated sprints 9	Three 25-second seated HIIT sprints (:24, 1:10 and 2:34.)
Without You (Usher) by David Guetta	Standing run 7-8	Stand the entire song. Find beat and slowly increase the resistance every 30 seconds. Add in upper body sways.
Dancing with a Stranger by Sam Smith	Seated interval run 8-9	This is FAST! Find the fast beat and keep it in the saddle. On the chorus, stand and run.
Eastside by Khalid-Halsey	Cool down	Pedal through the song until your heart rate is at resting level. After the song, stretch your arms and rotate your neck before getting off your bike.

Stretch: On your bike while pedaling, stretch arms and neck. Bring feet to 3 and 9 and stretch hamstrings and back. Switch and do same on side. Step off bike and stretch quads.

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Week 1C

Playlist:* On Spotify, search Kari Ableman MWR Week 1C

Song	Resistance	Description
This is How We Do It by Montell Jordan	Warm Up 5-7	Warm up. Increase resistance, come out of the saddle and stretch your legs. End on a 7 in the saddle.
Clarity by Zedd, Foxes	Seated/standing run 7-8	Seated 7 pace, stand and increase resistance to 9 (1:09, 40 seconds), Back to seated pace 8 resistance, stand and increase to 9 (2:33 to the end). During the chorus, you may add upper body sways or push-ups.
The Way I Are by Steve Aoki Remix	Sprints 9	Start seated and find the fast beat. Slowly increase the resistance to when you stand, it cuts the pace in half. STAND then SPRINT! Two 45-second standing sprints at the chorus (1:34 and 3:23.) You should be BREATHLESS at the end of this song.
Animal by Def Leppard	Seated flat, standing run 7-8	Active recovery from the sprint! Keep the pace when seated and standing (at chorus, stand and increase to 8 resistance.)
Rock Wit You by Ashanti	Interval seated or standing runs 8	Find the fast cadence. At the chorus, try to increase the resistance slightly and run out of the saddle for 20 seconds (:20, 1:01, 1:40, and 2:21 (40 seconds.))
Canned Heat by Jamiroquai	Standing run 7-9	Start in the saddle. Stand for the chorus. Each time "dance" is said, increase resistance. After chorus, decrease to 7 and repeat.
I Wish by Skee Lo	Seated climb with jumps 8-9	Seated climb and change lead leg to your left. At the chorus, two-count jumps (up for two, down for two.)
Titanium by Sia, Guetta	Reverse sprints 7-9	Start out of the saddle at slower pace with 8-9 resistance. Sit for sprints and reduce to 7-8 (1:16, 2:33 and 3:34) about 20 seconds each. After the sprints, sit and increase back to 9, repeat three times.
Come Get it Bae by Pharrell Williams	Seated run, standing run 8	Keep resistance on 8. Stand during the chorus and sway right and left.
Bang by Jessie J	Mixed terrain run 7-9	Seated with 7 resistance. Add more with each "bang." On the third "bang" in the chorus, stand and climb through the end of the chorus, Sit and back off resistance. Repeat.
Can You Feel It by Tiesto	Traditional seated sprints 8	Keep seated with resistance at 8. Sprint at chorus. Try and double the pace, 30 seconds each (:44 and 2:27.)
Beautiful People by Ed Sheeran, Khalid	Cool down	Keep pedaling to slow your heart rate to resting. Stretch arms and neck.

Stretch: On your bike while pedaling, stretch arms and neck Bring feet to 3 and 9 and stretch hamstrings and back. Switch and do same on side. Step off bike and stretch quads.

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Week 2A

Playlist:* On Spotify, search Kari Ableman MWR Week 2A

Song	Resistance	Description
Scream by Usher	Warm up 5-8	Start in the saddle. About 20 seconds in, stand and increase to 7 resistance. Stay standing. At the chorus, sway left and right (two high sways and two low sways (hover.)) Make sure when you hover low, you are NOT sitting and just hovering your hips back and bend at the waist.
Into You by Arianna Grande	Interval Sprints, stand or sit 7-8	This is FAST, but it's early in the class and you can do it. Find a seated resistance where you can also stand (7-8 resistance.) Three 30-second interval sprints. Try standing and running at the chorus (:55, 2:06 and 3:21.) You may slow your cadence while recovering.
Talk by Khalid	Slow seated climb, standing isolation, 9	This is SLOW and HIGH resistance at 9. Stand at the chorus and isolate your hips -- all in the legs!
Sex on Fire by Kings of Leon	HIIT seated sprints 8-9	Low-resistance, fast-paced sprints. Increase resistance at the chorus (10 seconds at :54, 25 seconds at 1:29, 10 seconds at 2:19 and 25 seconds at 2:57.) Important to increase resistance quickly for sprints in the saddle, then take off in between.
Neon Lights by Demi Lovato	Seated and standing run 7-8	Start in the saddle. At "Look up at the Sky," stand up and increase your resistance. When the beat drops, add two high sways and two tap backs in the chorus.
Wicked Ones by Dorothy	Standing climb 9	Find good resistance in your saddle. Stand and increase to a 9-10 through the chorus. At the chorus' end, sit and lower resistance for 20 seconds. Stand and increase through the chorus again. Repeat.
Hands Clap	Standing run, seated sprints 7-8	Standing run to the beat. At 1:27, sit and sprint 20 seconds. Stand again and find the cadence until 2:30. sit and sprint 30 seconds. Try to double the pace when you sprint.
I Can't Go for That by Hall and Oates	Slow climb 8-9	Pedal with one leg (don't unclip, just focus on the down beat with one leg) during each chorus. Switch lead leg each time and keep resistance HIGH!
Greenlight by Beyonce	Interval sprints 7-8, enough to stand	Find the slower cadence in the saddle. At "Greenlight" in the chorus, double the cadence in the saddle (find the faster beat). CHALLENGE: After "Greenlight" in the chorus, stand up through the end of the chorus!
Summer by Calvin Harris	Standing or seated sprints	Three 30-second sprints in or out of the saddle. If out of the saddle, cadence will be slower and resistance should be HIGH.

Dancing in the Moonlight by Toploader	Cool down	Stay pedaling in the saddle to decrease heart rate to resting heart rate. Start to stretch arms and neck.
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Stretch: On your bike while pedaling, stretch arms and neck Bring feet to 3 and 9 and stretch hamstrings and back. Switch and do same on side. Step off bike and stretch quads.

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Week 3A

Playlist:* On Spotify, search Kari Ableman MWR Week 3A

Song	Resistance	Description
Numb by Usher	Warm up 5-8	Warm up legs in the saddle. When beat starts, stand and slowly start adding resistance up to level 8. To increase heart rate, add in basic push-ups during chorus.
Tambourine by Eve	Intervals, resistance 7-8	Find the FAST cadence in the saddle. Anticipate the sprint out of the saddle interval during the chorus (25 seconds each) (:22, :58, 1:45 and 2:31.)
Trampoline by SHAED	Seated climb, standing isolation 8-9	Seated climb at 8-9 resistance. Stand at the chorus to isolate with no bounce :35, 1:24 (longer) and 2:28 (longer.)
Live in the Moment by Portugal the Man	Standing sprints	Start in the saddle. At each chorus, stand and sprint 30 seconds with increased resistance (:38, 1:41 and 2:34.)
Poison by Bel Biv Devoe	Active recovery, standing and seated 7-8	Find the cadence with a medium high resistance, bring heart rate down. Stand at the chorus, then sit down after. Repeat. (:55, 2:04 (40 seconds) and 3:17.)
Shut Up and Dance	Standing run, sitting sprints 7-8	Find basic cadence at a 7 while standing. Sit at :40, 25-second sprint at :48 and stand again. Sit at 1:23 and sprint at 1:30. Sit and pedal to 2:00. At 2:41, sprint to the end!
Take Me to Church by Hoesier	Seated climb 7-9.9	Increase resistance from 7-9.9, every 20 seconds. Try to keep the cadence going!
Don't Start Now by Dua Lipa	Standing run 8	Start in the saddle. At the chorus, stand and stay standing. At the second chorus, increase your resistance and try basic push-ups. Increase resistance once more to the end.
Levels by Nick Jonas	Jumps 8	Two-count jumps -- two up/two seated -- at :32, 1:30 and 2:26.
Crazy by Tiesto Big Room Mix	Standing sprints	Start seated. At:30, build resistance and do 30-second standing sprints at 1:00 and 2:18.
Gorgeous by X Ambassadors	Cool down	Pedal through the song, bringing down heart rate to resting level. Stretch arms and neck.

Stretch: On your bike while pedaling, stretch arms and neck Bring feet to 3 and 9 and stretch hamstrings and back. Switch and do same on side. Step off bike and stretch quads.

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Week 3B

Playlist:* On Spotify, search Kari Ableman MWR Week 3B

Song	Resistance	Description
New Sensation by INXS	Warm Up 5-7	Stretch out the legs. Find the cadence. Get out of the saddle for the chorus.
Blinding Lights by The Weekend	Sprints 8-9	Find the cadence on the fast beat and increase the resistance to 7-8. Increase pace before the chorus and sprint on the chorus in the saddle.
Exs & Ohs by Elle King	Jumps 8-9	Find the slower cadence with a higher resistance in the saddle. On the chorus, two-count jumps out of the saddle.
South of the Border by Ed Sheeran and Camilla Cabello	Interval runs in and out of the saddle 8	In the saddle, find the fast cadence at resistance of 6-7. During the chorus, keep pace for a 32-count sprint out of the saddle. "Jump in the water be free" challenge is to continue pace in and out of saddle.
Natural by Imagine Dragons	Climb in the saddle, slow climb out 8-9	Slow cadence with a lot of resistance. At each of the three choruses, do 32-count out of the saddle with more resistance each time.
She's a Bad Mama Jamma	Active recovery 7	Stay out of the saddle and find the cadence -- easy to maintain, but enough to support you out of the saddle. On the chorus, upper body sway right and left. Stay at a resistance that feels good to stretch your legs but enough to still push at a level 7.
Close to Me by Elle Goulding	7-8	Out of the saddle during chorus. Eight-count out of the saddle and then four touch backs.
Sail AWOL Nation	Climb slow 9	Gradually climb out of the saddle, increasing the resistance every 30 seconds.
Closer by Ne-Yo	Sprints, 8-9 Out of the saddle sprints, in the saddle recovery	Out-of-the-saddle sprints: High resistance level and still maintain cadence with 30-second sprints at 1:01, 2:01 and 3:01.
Bad Girl by Usher	Interval runs in and out of the saddle 8	Fast cadence with intervals on the chorus. You CAN DO IT! Repeat four times.
Just Like Heaven by The Cure	Cool down	Slow down throughout the song to slow heart rate to resting rate. Stretch arms and neck.

Stretch: On your bike while pedaling, stretch arms and neck Bring feet to 3 and 9 and stretch hamstrings and back. Switch and do same on side. Step off bike and stretch quads.

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Week 4A

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Song	Resistance	Description
Feel So Close by Calvin Harris	Warm Up 5-8	Warm up. Keep pace and get out of the saddle when the beat drops. Fast pace and increase the resistance each time you sit in the saddle
Love Me Harder by Arianna Grande and The Weekend	Intervals, out of the saddle 7-8	Start in the saddle and find the cadence. It's fast but get out of the saddle on the three choruses. Keep pace when you sit down in the saddle.
River by King Kavalier Remix	Slow climb, isolations 8-9	Slow cadence out of the saddle and isolate.
Get Loose by Tiesto	Sprints 8	30-second in-the-saddle sprints at :34, 1:26 and 3:49.
I've Been Thinking About You by Klass Remix	Active recovery, out of the saddle 7-8	On the beat, get out of the saddle and increase resistance to 8 and keep pace. Sit after chorus. Repeat. During the chorus, add push-ups for more cardio.
Jealous by Nick Jonas	Interval sprint out of the saddle, fast 8	At the start of the chorus, get out of the saddle and keep pace for 64-count three times! CHALLENGING!
Here I Go Again by Whitesnake	Out-of-the-saddle sprint 8-9	During the chorus, do an out-of-the-saddle, uphill sprint. Resistance should be HIGH.
Me, Myself & I by Beyonce	Slow climb, isolations 8-9	VERY high resistance and very slow. Chorus is an isolation.
I Feel It Coming by The Weekend	Interval sprint out of the saddle, fast 8	Lead with your opposite foot. Out of the saddle for the three choruses.
This Summer by Maroon 5	Cool Down 5-8	Heart rate drops to resting rate. Start stretches while still on the bike.

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Week 4B

Playlist:* On Spotify, search Kari Ableman MWR Week 4B

Let's Go by Travis Barker, Yelowolf, Twista and Busta Rhymes	Fast warm up 6-7	Get out of the saddle when they say "Let's Go!"
Attention by Charlie Puth	Interval Sprint 8	Interval out of the saddle at the chorus and keep pace in the saddle after you sit at the end of the chorus. Repeat three times.
Meant to Live by Switchfoot	Climb and Sprint uphill 7-9	Climb in the saddle. At the chorus, out-of-the-saddle 30-second sprints with high resistance at :44, 1:38 and 2:38.
Cooler Than Me by Mike Posner	Jumps 8-9	Start in the saddle. At :30 seconds, get up, keep the cadence and increase resistance. At the chorus, reverse jumps -- sit two counts and up two counts.
I Love It by Icona Pop and Charlie XCX	Seated flat with increasing resistance, 7-8	Increase resistance at every "I don't care." Try to keep the fast pace throughout the song.
The Humpty Dance by Digital Underground	Active recovery, out of the saddle jog 8-9	Slower with more resistance recovery. At the chorus, add the "humpty dance" hands for more cardio!
Girl Gone Wild by Madonna vs. Avicii	Sprints, in the saddle 7-8	Sprints and long runs with little recovery in between at 1:13, 1:57 and 3:17-4:12. Recover until the end of the song.
Cry Me A River by Justin Timberlake	Climb in the saddle, isolations 9	Climb in the saddle at 8-9. At chorus, stand and isolate with no bounce. Repeat three times (last one is longer.)
Around the Way Girl by LL Cool J	Run out of the saddle 8	This should feel almost like a climb -- all out of the saddle and increase resistance at each chorus. Add upper body sways to increase cardio.
Let's Go Crazy by Prince	Sprints, in or out of the saddle 7-9	Find the cadence at a 7-8 resistance and don't stop pedaling the whole song. At the chorus, get out of the saddle increase to 9 resistance or stay in the saddle and double your pace at 7-8. Repeat three times. Last push is long but go for it!
Can't Hold Us by Macklemore	Cool Down 7	Cool down but takes a bit after the last song. Take your time cooling down to slow your heart rate. Start to stretch on the bike.

Stretch: On your bike while pedaling, stretch arms and neck Bring feet to 3 and 9 and stretch hamstrings and back. Switch and do same on side. Step off bike and stretch quads.

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