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This is a 13 Minute Flush Bike Workout

<u>Time</u>	<u>Intensity</u>	<u>Level</u>	<u>RPM</u>
13:00-10:00	20%		70-80
10:00-9:50	100%		Max
9:50-8:00	25%		70-80
8:00-7:50	100%		Max
7:50-6:00	25%		70-80
6:00-5:50	100%		Max
5:50-4:00	25%		70-80
4:00-3:50	100%		Max
3:50-2:00	25%		70-80
2:00-0:00	35%		70-80

Write the bike
resistance level in the
space provided.

Strength Training Clinics



At The XL Athlete Store