

# XLathlete.com

This is a 13 Minute Flush Bike Workout

| <u>Time</u> | <u>Intensity</u> | <u>Level</u> | <u>RPM</u> |
|-------------|------------------|--------------|------------|
| 0:00-3:00   | 20%              |              | 70-80      |
| 3:00-3:10   | 100%             |              | Max        |
| 3:10-5:00   | 25%              |              | 70-80      |
| 5:00-5:10   | 100%             |              | Max        |
| 5:10-7:00   | 25%              |              | 70-80      |
| 7:00-7:10   | 100%             |              | Max        |
| 7:10-9:00   | 25%              |              | 70-80      |
| 9:00-9:10   | 100%             |              | Max        |
| 9:10-11:00  | 25%              |              | 70-80      |
| 11:00-13:00 | 35%              |              | 70-80      |

Write the bike resistance level in the space provided.

## Customize Your Gym



### At The XL Athlete Store