

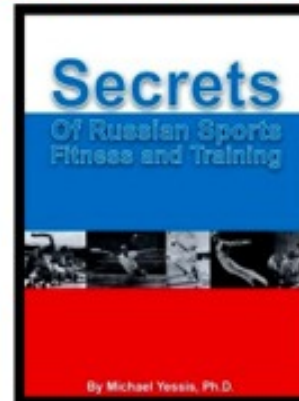
XLathlete.com

This is a 15 Minute Light Bike Workout

<u>Time</u>	<u>Intensity</u>	<u>Level</u>	<u>RPM</u>
15:00-13:00	25%		80+
13:00-12:30	35%		110+
12:30-11:30	35%		80+
11:30-11:00	35%		110+
11:00-10:00	35%		80+
10:00-9:30	35%		110+
9:30-8:30	35%		80+
8:30-8:00	35%		110+
8:00-7:30	35%		80+
7:30-7:00	35%		110+
7:00-6:30	35%		80+
6:30-6:00	35%		110+
6:00-5:30	35%		80+
5:30-4:30	35%		90+
4:30-4:00	35%		80+
4:00-3:00	35%		90+
3:00-2:30	35%		80+
2:30-0:00	20%		60+

Write the bike
resistance level in the
space provided.

Secrets Of Russian Training



**Methods
Of A
Sports
Empire**

At The XL Athlete Store