

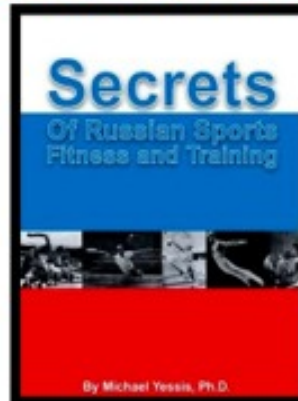
XLathlete.com

This is a 15 Minute Light Bike Workout

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

Write the bike
resistance level in the
space provided.

Secrets Of Russian Training



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Of A
Sports
Empire**

At The **XL** Athlete Store