

# XLathlete.com

This is a 20 Minute Cardiovascular Bike Workout

| <u>Time</u> | <u>Intensity</u> | <u>Level</u> | <u>RPM</u> |
|-------------|------------------|--------------|------------|
| 20:00-19:00 | 35%              |              | 65         |
| 19:00-18:00 | 40%              |              | 65         |
| 18:00-17:00 | 45%              |              | 75         |
| 17:00-12:00 | 35%              |              | 85         |
| 12:00-7:00  | 35%              |              | 95         |
| 7:00-2:00   | 35%              |              | 105        |
| 2:00-0:00   | 45%              |              | 65         |

Write the bike  
resistance level in the  
space provided.

**Strength Training Clinics**



**At The XL Athlete Store**