

XLathlete.com

This is a 20 Minute Cardiovascular Bike Workout

<u>Time</u>	<u>Intensity</u>	<u>Level</u>	<u>RPM</u>
0:00-1:00	35%		65
1:00-2:00	40%		65
2:00-3:00	45%		75
3:00-8:00	35%		85
8:00-13:00	35%		95
13:00-18:00	35%		105
18:00-20:00	45%		65

Write the bike
resistance level in the
space provided.

Customize Your Gym



At The XL Athlete Store