

XLathlete.com

This is a 20 Minute Cardiovascular Bike Workout

<u>Time</u>	<u>Intensity</u>	<u>Level</u>	<u>RPM</u>
20:00-18:00	35%		65
18:00-17:00	35%		85+
17:00-16:00	35%		95+
16:00-15:00	35%		105+
15:00-14:00	35%		115+
14:00-13:00	35%		85+
13:00-12:00	35%		95+
12:00-11:00	35%		105+
11:00-10:00	35%		115+
10:00-9:00	35%		85+
9:00-8:00	35%		95+
8:00-7:00	35%		105+
7:00-6:00	35%		115+
6:00-5:00	35%		85+
5:00-4:00	35%		95+
4:00-3:00	35%		105+
3:00-2:00	35%		115+
2:00-1:00	35%		125+
1:00-0:00	35%		65

Write the bike resistance level in the space provided.

Strength Training Clinics



At The XL Athlete Store