

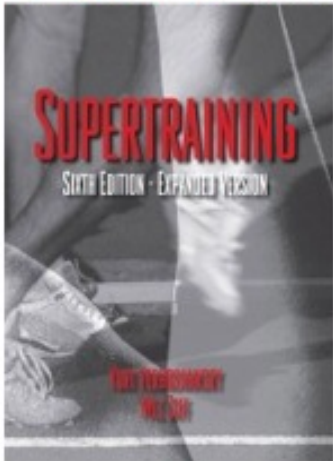
XLathlete.com

This is a 25 Minute Cardiovascular Bike Workout

<u>Time</u>	<u>Intensity</u>	<u>Level</u>	<u>RPM</u>
0:00-3:00	35%		65
3:00-4:00	35%		85
4:00-5:00	35%		115
5:00-6:00	35%		85
6:00-7:00	35%		115
7:00-8:00	35%		85
8:00-9:00	35%		115
9:00-10:00	35%		85
10:00-11:00	35%		115
11:00-12:00	35%		85
12:00-13:00	35%		115
13:00-15:00	35%		75
15:00-16:00	35%		85
16:00-16:30	35%		125
16:30-17:30	35%		85
17:30-18:00	35%		125

<u>Time</u>	<u>Intensity</u>	<u>Level</u>	<u>RPM</u>
18:00-19:00	35%		85
19:00-19:30	35%		125
19:30-20:30	35%		85
20:30-21:00	35%		125
21:00-22:00	35%		85
22:00-22:30	35%		125
22:30-25:00	20%		65

Write the bike
resistance level in the
space provided.



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