

XLathlete.com

This is a 32 Minute Interval Bike Workout Level 5

Time	Intensity	Level	RPM
32:00-28:30	20%		60-70
28:30-27:45	50%		90
27:45-26:15	25%		60-70
26:15-25:30	50%		90
25:30-24:00	25%		60-70
24:00-23:15	50%		90
23:15-21:45	25%		60-70
21:45-21:00	50%		90
21:00-19:30	25%		60-70
19:30-19:00	60%		90
19:00-18:00	25%		60-70
18:00-17:30	60%		90
17:30-16:30	25%		60-70
16:30-16:00	60%		90
16:00-15:00	25%		60-70
15:00-14:30	60%		90
14:30-13:30	25%		60-70
13:30-13:00	60%		90
13:00-12:00	25%		60-70
12:00-11:30	60%		90
11:30-10:30	25%		60-70
10:30-10:15	70%		110
10:15-9:45	25%		60-70
9:45-9:30	70%		110
9:30-9:00	25%		60-70
9:00-8:45	70%		110
8:45-8:15	25%		60-70
8:15-8:00	70%		110
8:00-7:30	25%		60-70
7:30-7:15	70%		110

Time	Intensity	Level	RPM
7:15-6:45	25%		60-70
6:45-6:30	70%		110
6:30-6:00	25%		60-70
6:00-5:45	70%		110
5:45-5:15	25%		60-70
5:15-5:00	70%		110
5:00-4:30	25%		60-70
4:30-4:15	70%		110
4:15-3:45	25%		60-70
3:45-3:30	70%		110
3:30-3:00	25%		60-70
3:00-0:00	25%		60-70

Write the bike resistance level in the space provided.

Customize Your Gym



The advertisement shows a wooden gym floor with two logos: a red and white 'LSU' logo and a blue and white 'G' logo. Below the logos are four black weight plates with 'MOORESTOWN QUAKERS' written on them. The entire ad is framed by a yellow border.

At The **XL** Athlete Store