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This is a 37 Minute Interval Bike Workout Level 5

Time	Intensity	Level	RPM
37:00-34:00	20%		60-70
34:00-33:00	80%		90
33:00-32:00	35%		60-70
32:00-31:00	80%		90
31:00-30:00	35%		60-70
30:00-29:00	80%		90
29:00-28:00	35%		60-70
28:00-27:00	80%		90
27:00-26:00	35%		60-70
26:00-25:00	80%		90
25:00-24:00	35%		60-70
24:00-22:00	70%		90
22:00-21:00	90%		60-70
21:00-20:00	50%		90
20:00-19:00	90%		60-70
19:00-18:00	50%		90
18:00-17:00	90%		60-70
17:00-16:00	50%		90
16:00-15:00	90%		60-70
15:00-14:00	50%		90
14:00-13:00	90%		60-70
13:00-12:00	50%		110

Time	Intensity	Level	RPM
12:00-10:00	20%		60-70
10:00-9:30	100%		110
9:30-8:00	50%		60-70
8:00-7:30	100%		110
7:30-6:00	50%		60-70
6:00-5:30	100%		110
5:30-4:00	50%		60-70
4:00-3:30	100%		110
3:30-2:00	50%		60-70
2:00-0:00	25%		60-70

Write the bike resistance level in the space provided.

Customize Your Gym



At The **XL** Athlete Store