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This is a 37 Minute Interval Bike Workout Level 7

Time	Intensity	Level	RPM
0-3:00	20%		70-80
3:00-4:00	80%		100+
4:00-5:00	35%		70-80
5:00-6:00	80%		100+
6:00-7:00	35%		70-80
7:00-8:00	80%		100+
8:00-9:00	35%		70-80
9:00-10:00	80%		100+
10:00-11:00	35%		70-80
11:00-12:00	80%		100+
12:00-13:00	35%		70-80
13:00-15:00	60%		70-80
15:00-16:00	90%		110+
16:00-17:00	50%		70-80
17:00-18:00	90%		110+
18:00-19:00	50%		70-80
19:00-20:00	90%		110+
20:00-21:00	50%		70-80
21:00-22:00	90%		110+
22:00-23:00	50%		70-80
23:00-24:00	90%		110+
24:00-25:00	50%		70-80

Time	Intensity	Level	RPM
25:00-27:00	60%		70-80
27:00-27:30	100%		120+
27:30-29:00	50%		70-80
29:00-29:30	100%		120+
29:30-31:00	50%		70-80
31:00-31:30	100%		120+
31:30-33:00	50%		70-80
33:00-33:30	100%		120+
33:30-35:00	50%		70-80
35:00-37:00	30%		70-80

Write the bike resistance level in the space provided.

Customize Your Gym



At The XL Athlete Store