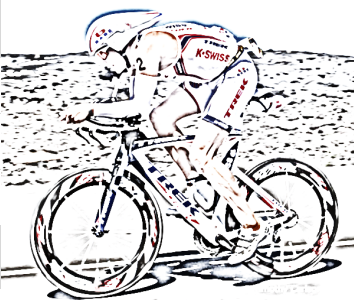


BIKE // AEROBIC+STRENGTH = PYRAMIDS

WORKOUT SETS

WARM UP			REPS	EFFORT	Est Time (Min)
Easy Spin			1	Z1 - Z2	8.5
30 sec. @Z6 @90-100rpms // 30 sec. Easy Spin			3	Z2 / Z5	1
Easy Spin			1	Z2	3
MAIN SET			REPS	EFFORT	Est Time (Min)
SET 1					
5 min set - 15 sec. at high cadence of 110-120 rpms - then 15 sec. of lower cadence of 95-100 rpm // Keep switching over 5 min set // Focus on form			1	Z3	5
Easy Spin			1	Z2	2
SET 2					
15 sec. on (high resistance) / 30 sec. off, 30 sec. on / 30 sec. off, 45 sec. on / 30 sec. off, 1 min. on (lowest resistance) / 30 sec. off, 45 sec. on / 30 sec. off, 30 sec. on / 30 sec. off , 15 sec. on (high resistance) / 30 sec rest.			1	Z2 / Z3	7.5
Easy Spin			1	Z2	2
SET 3					
15 sec. on (high resistance) / 30 sec. off, 30 sec. on / 30 sec. off, 45 sec. on / 30 sec. off, 1 min. on (lowest resistance) / 30 sec. off, 45 sec. on / 30 sec. off, 30 sec. on / 30 sec. off , 15 sec. on (high resistance) / 30 sec rest.			1	Z2 / Z3	7.5
Easy Spin			1	Z2	2
SET 4					
45 sec. build set - build intensity every 15 seconds, going hard the last 15 sec. // 45 sec Easy Spin			3	Z4	1.5
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COOL DOWN			REPS	EFFORT	Est Time (Min)
Easy Cool Down Spin			1	Z1 - Z2	10
Touch toes : hold 1 minute, Quad hold : 1 minute each leg, Calf stretch : 1 minute each leg, Side lunge : 1 minute each leg			1		5