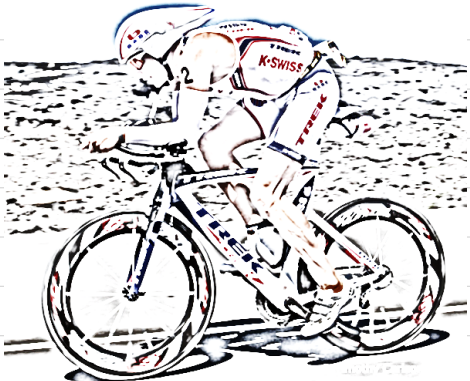


BIKE // BIKE TEST

WORKOUT SETS

<u>WARM UP</u>		<u>TIME (Min)</u>	<u>EFFORT</u>	
LEG LIFTS, BUTT-KICKS, PIKE STRETCH, WALKING LUNGES, STAR TOUCH, RUNNER'S TOUCH		5	per side	
<u>MAIN SET</u>		<u>REPS</u>	<u>EFFORT</u>	<u>Time (Min)</u>
SET 1				
Easy Ride Warm Up		1	Z1-Z2	10
SET 1				
20 Min ALL OUT // flat terrain // no turns		1	Z5+	20
Make sure to hit lap button and start and end				
				
Copyright Set The Pace Media Marketing LLC				
<u>COOL DOWN</u>		<u>TIME (Min)</u>	<u>EFFORT</u>	
Easy Cool Down Spin		10	Z1 - Z2	
Touch toes : hold 1 minute, Quad hold : 1 minute each leg, Calf stretch : 1 minute each leg, Side lunge : 1 minute each leg		Each Side		