

## Bike Workout #2

In this bike workout, you'll alternate between several RPM ranges and resistance levels.

Feel free to adjust the speeds and resistance level throughout the workout to accommodate your ability and comfort level

Phase	Speed	Resistance	Time
Warm up	Comfortable pace	3	2-5 minutes
1	85 RPM	6	1 minute
2	90 RPM	8	1 minute
3	95 RPM	10	1 minute
4	95 RPM	12	1.5 minutes
5	100 RPM	10	1.5 minutes
6	95 RPM	8	1 minute
7	75 RPM	6	1 minute
8	110 RPM	8	1.5 minutes
9	85 RPM	10	1.5 minutes
10	90 RPM	12	2 minutes
11	85 RPM	10	1 minute
12	65 RPM	8	1 minute
Cool down	Comfortable pace	3	2-5 minutes