

Bike Workout #3

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	110 RPM	8	3 minutes
3	100 RPM	10	2 minutes
4	90 RPM	12	3 minutes
5	80 RPM	10	1 minute
6	90 RPM	8	2 minutes
7	All Out	10	1 minute
8	80 RPM	4	2 minutes
Cool down	Comfortable pace	3	2-5 minutes