

Bike Workout #4

In this bike workout, you'll alternate between 85 and 100 RPM while simultaneously building in resistance. 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	4	3 minutes
2	100 RPM	8	1.5 minutes
3	85 RPM	5	3 minutes
4	100 RPM	10	1.5 minutes
5	85 RPM	6	3 minutes
6	100 RPM	12	1.5 minutes
7	85 RPM	7	3 minutes
8	100 RPM	14	1.5 minutes
Cool down	Comfortable pace	3	2-5 minutes