



## 30" 20" 15" + 45:15 Combo – 41' Session

### 1. Warm Up

2' @ 180 watts

2' @ 250 watts

2' @ 150 watts

### 2. Set 1 = 6'

Fan Level 4 & Magnet Level 1

**30"** @ Power = 300+ watts / **30"** @ Power = 200 watts

### 3. Recovery – 3' off the bike

### 4. Set 2 = 6'

Fan Level 4 & Magnet Level 1

**20"** @ Power = 300+ watts / **20"** @ Power = 200 watts

### 5. Recovery – 3' off the bike

### 6. Set 3 = 6'

Fan Level 4 & Magnet Level 1

**15"** @ Power = 300+ watts / **15"** @ Power = 200 watts

### 7. Recovery – 3' off the bike

### 8. Set 4 = 6'

Fan Level 4 & Magnet Level 1

**45"** @ Power = 300+ watts / **15"** @ Power = 200 watts

### 9. Cool-down - 2' @ 100 watts

Session = 41'

