



30" 20" 15" Combo – 32' Session

1. Warm Up

2' @ 180 watts

2' @ 250 watts

2' @ 150 watts

2. Set 1 = 6'

Fan Level 4 & Magnet Level 1

6 efforts of **30"** @ Power = 280+ watts

6 recovery periods of **30"** @ Power = 200 watts

3. Recovery – 2' @ 100 watts

4. Set 2 = 6'

Fan Level 4 & Magnet Level 1

9 efforts of **20"** @ Power = 280+ watts

9 recovery periods of **20"** @ Power = 200 watts

5. Recovery – 2' @ 100 watts

6. Set 3 = 6'

Fan Level 4 & Magnet Level 1

12 efforts of **15"** @ Power = 280 watts

12 recovery periods of **15"** @ Power = 200 watts

7. Cool-down – 2' @ 100W

Session = 32'

