



Short n Simple Aerobic

1. 2' @ 120 watts
2' @ 220 watts
2' @ 120 watts

2. 10' (20 efforts) @L4
15" @ 300+ watts
15" @ 180+ watts

3. 3' @ 120 watts

4. 10' (10 efforts) @L4
30" @ 300+ watts
30" @ 180+ watts

5. 3' @ 100 watts

Session = 32'

