



Vanilla Concrete

1. 2' @ 120 watts
2' @ 220 watts
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2. 10 x 3' Rounds of 15":15" w 30" Rest b/w Rounds
15" @ 300+ Watts
15" @200 Watts

3. 4' OFF – Jump off bike, lie down, stretch, grab a bucket etc.

4. 15' of 15":15" @ 300+Watts / 200Watts

Session = 60'

