



Combination Session 3

1. 2' @ 120 watt

2' @ 220 watt

2' @ 120 watt

2. 3 x 5" @ 100% effort OT60" cycle

- *Fan @L10 / Magnet @ 4-5*

3' Easy @ L1 or L2

3. 3 x 8" @ 100% effort OT60" cycle

- *Fan @L10 / Magnet @ 4-5*

3' Easy @ L1 or L2

4. 10' Aerobic Interval Block

- 20" @103-108 RPM : 20" @85-90 RPM
- *Fan @L3-5 / Magnet @ 0-2*

5' cool down of choice

Session = 33'

