



Leg Speed/Power – 29'

1. 2' @ 150 watts
2' @ 180 watts
2' @ 250 watts
3' @ 100 watts

2. 5" @ L10 @ 100+ RPM
45" easy @ L1
10" @ L5 @ 100+ RPM
60" Easy @ L1
(x4 sets)

3' Easy @ L1

3. 5" @ L10 @ 100+ RPM
45" easy @ L1
10" @ L5 @ 100+ RPM
60" Easy @ L1
(x4 sets)

3' Easy @ L1

Session = 29'

