



Top Up – Moderate 30'

- 1. 2' Moderate spin**
- 2. 4x 45" Hard Effort : 15" Easy**
- 3. 8x 90" Hard Effort : 30" Easy**
- 4. Roll Easy 1'**
- 5. 2x 90" Hard Effort : 15" Easy : 30" Hard Effort : 15" Easy**
- 6. 2' Easy spin**

Session = 30'

