

BIKE PROGRAMS

BIKE SPRINTS – LIFECYCLE (CYBEX)

Sprints 1-9

<i>Time</i>	<i>Action</i>	<i>Level</i>	<i>Heart rate</i>	<i>RPM</i>
75 sec	warm-up	3	(60% / 120-125)	80
30 sec	sprint	10-12	(90% / 175-180)	120 +
60 sec	rest	3-5	(65% / 125-130)	90
30 sec	sprint	10-12	(90% / 175-180)	120 +
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30 sec	sprint	10-12	(90% / 175-180)	120 +
60 sec	rest	3-5	(65% / 125-130)	90
90 sec	spin	3	(60% / 120-125)	80 – 90

FOLLOW STRETCH ROUTINE AFTER BIKE SPRINTS!

Bike Program #1

<i>Level (HR)</i>	<i>Time</i>	<i>RPM</i>
3 (60% / 120-125)	3 min	90
6 (70% / 135-140)	2 min	100
3 (60% / 120-125)	1 min	90
9 (80% / 155-160)	2 min	100
3 (60% / 120-125)	1 min	90
12 (90% / 175-180)	30 sec	100
3 (60% / 120-125)	1 min	90
12 (90% / 175-180)	30 sec	100
3 (60% / 120-125)	1 min	90
9 (80% / 155-160)	2 min	100
3 (60% / 120-125)	1 min	90
6 (70% / 135-140)	2 min	100
3 (60% / 120-125)	10 min	90

Total: 27 mins

Bike Program #2

<i>Level (HR)</i>	<i>Time</i>	<i>RPM</i>
3 (60% / 120-125)	3 min	90-100
4 (63% / 125-130)	3 min	90-100
5 (66% / 130-135)	3 min	90-100
6 (70% / 135-140)	3 min	90-100
5 (66% / 130-135)	3 min	90-100
4 (63% / 125-130)	3 min	90-100
3 (60% / 120-125)	3 min	90-100

Total: 21 mins