

Workout #2

10min warm up the trainer(Egg Shells, meaning light on the feet, so pulling up through part of pedal stroke)

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Do 3 sets of the following: at balance point heart rate -10 (or 7/10 exertion)

3min @ 110rpm

2min @ 120rpm

1min @ standing

1min easy

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3 min easy

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Spin Tempo Set

Do 4 sets of the following: at lbp-10 (7/10 exertion)

1min @ 60rpm Big Gear

2min @ 120rpm small gear

1min Standing @60rpm Big Gear

1min very easy

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3mins easy

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Leg Burner Pyramid Set

Do 3 sets of the following holding 90 rpm

3min Gear 1 start at LBP-15 (or 6/10)

1min Gear 2

1min Gear 3

1min Gear 4

1min Gear 3

1min Gear 2

1min Gear 1

30" 120, 20" 140, 10" 160

3mins very easy

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2min easy

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Up's and Down's

Do 4 sets of the following: lbp -10 to -5 (or 8/10)

2 mins Ups and Downs, UP 15sec/DOWN 15sec

1min easy

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cool down (Egg Shell)

Stretch