

# Cycle Workout

\*In order to figure out your rotations per minute, place your hand above your right knee and for ten seconds count how many times you knee hits your hand. 10-12 times is 60-70 rotations per minute; 15 times is 90 rotations per minute; 18 times is 110 rotations per minute.

TIME	LENGTH	TYPE	OBJECTIVE	INTENSITY
1:00	5 minutes	Warm up	60-70 rotations per minute*	low to moderate
5:00	90 seconds	Intervals	90 rotations per minute	moderate
6:30	90 seconds		110 rotations per minute	high
8:00	90 seconds		70 rotations per minute	low
9:30	90 seconds		90 rotations per minute	moderate
11:00	90 seconds		110 rotations per minute	high
12:30	90 seconds		70 rotations per minute	low
14:00	90 seconds		90 rotations per minute	moderate
15:30	90 seconds		110 rotations per minute	high
17:00	90 seconds		70 rotations per minute	low
18:30	60 seconds	Resistance	Push – Right leg	moderate to high
19:30	60 seconds		Push – Left leg	moderate to high
20:30	60 seconds		Pull – Right leg	moderate to high
21:30	60 seconds		Pull – Left leg	moderate to high
22:30	90 seconds		Stand	high
24:00	60 seconds		Push – Right leg	moderate to high
25:00	60 seconds		Push – Left leg	moderate to high
26:00	60 seconds		Pull – Right leg	moderate to high
27:00	60 seconds		Pull – Left leg	moderate to high
28:30	90 seconds		Stand	high
33:30	5 minutes	Cool Down	60-70 rotations per minute	low to moderate

NOTES: