



Elliptical Workout 3

Workout Structure

Resistance Challenge:

- 1-min @ 105 RPM + 5 level
- 1-min @ 105 RPM + 6 level
- 1-min @ 105 RPM + 7 level
- 1-min @ 105 RPM + 8 level
- 1-minute recovery
- [5 minutes total]

Speed + Resistance Challenge

- 2-min @ 120 RPM + 6 level
- 3-min @ 110 RPM + 8 level
- 4-min @ 100 RPM + 10 level
- (9 minutes total)

Progressive Challenge:

- 2-min @ 80 RPM + 1 level
- 2-min @ 85 RPM + 2 level
- 2-min @ 90 RPM + 3 level
- 2-minute recovery
- [8 minutes total]

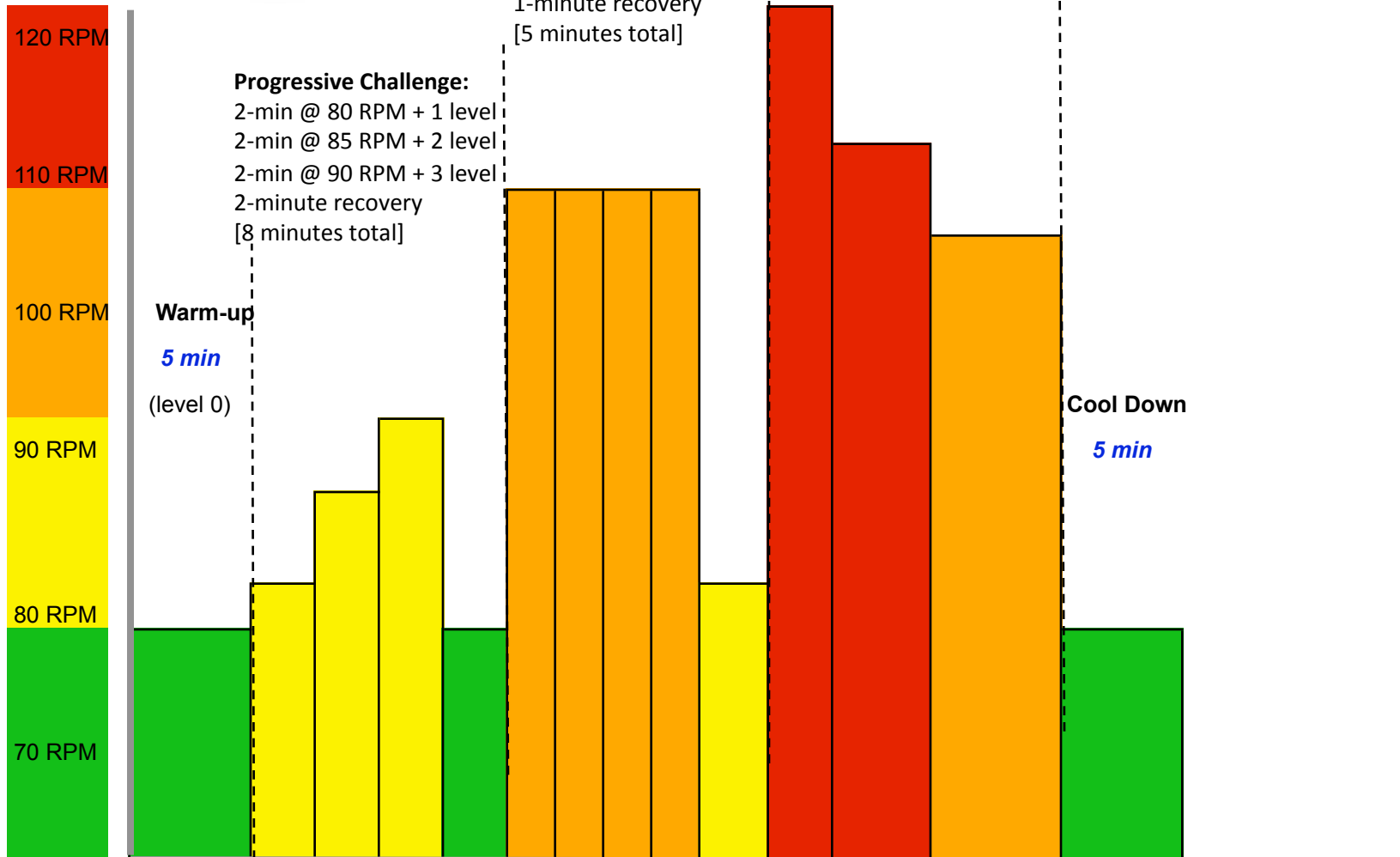
Warm-up

5 min

(level 0)

Cool Down

5 min



<u>Track</u>	<u>Time</u>	<u>Description</u>
1	5:28	Warm-Up We start off with a 5-minute warm-up at the Talk Test Pace to get your blood flowing and muscles warm.
2	7:58:00	Progressive Challenge This progressive challenge gets you increasing your RPMs (speed) and level of resistance every 2 minutes for a total of 6 minutes.
3	5:00	Resistance Challenge In this challenge will be keeping the speed consistent (105 RPM) while increasing the resistance each minute.
4	9:09	Speed + Resistance Challenge In this final challenge will be increasing the resistance as we lower the speed slightly each interval.
5	4:46	Cool Down You're going to need a nice and relaxed cool down after this workout so just keep moving nice and easy for 5 minutes to flush out the muscles.
TOTAL	32:21:00	