



# 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]

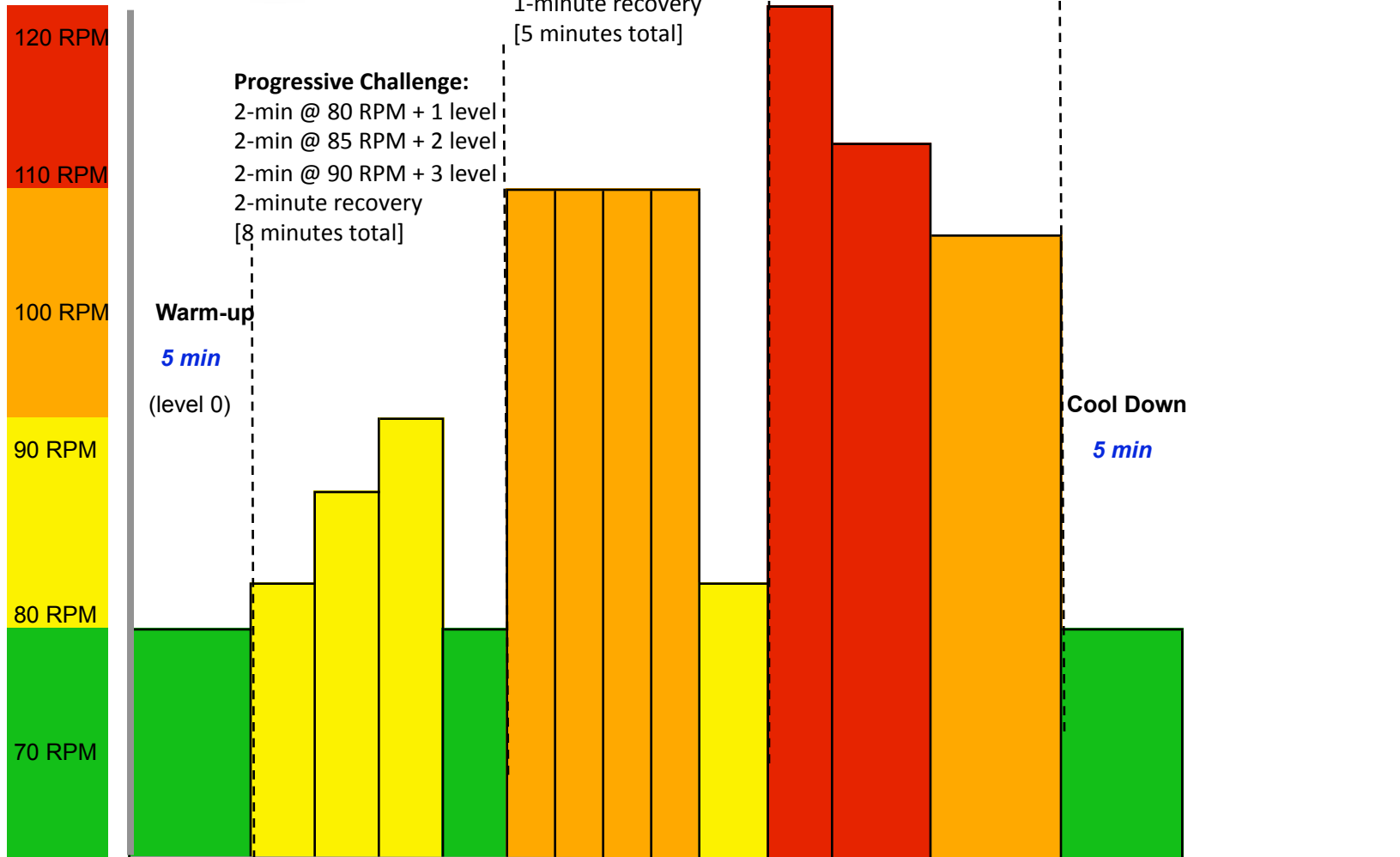
### Warm-up

5 min

(level 0)

### Cool Down

5 min



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