



Elliptical Workout 4

Workout Structure

Interval Challenge #1:

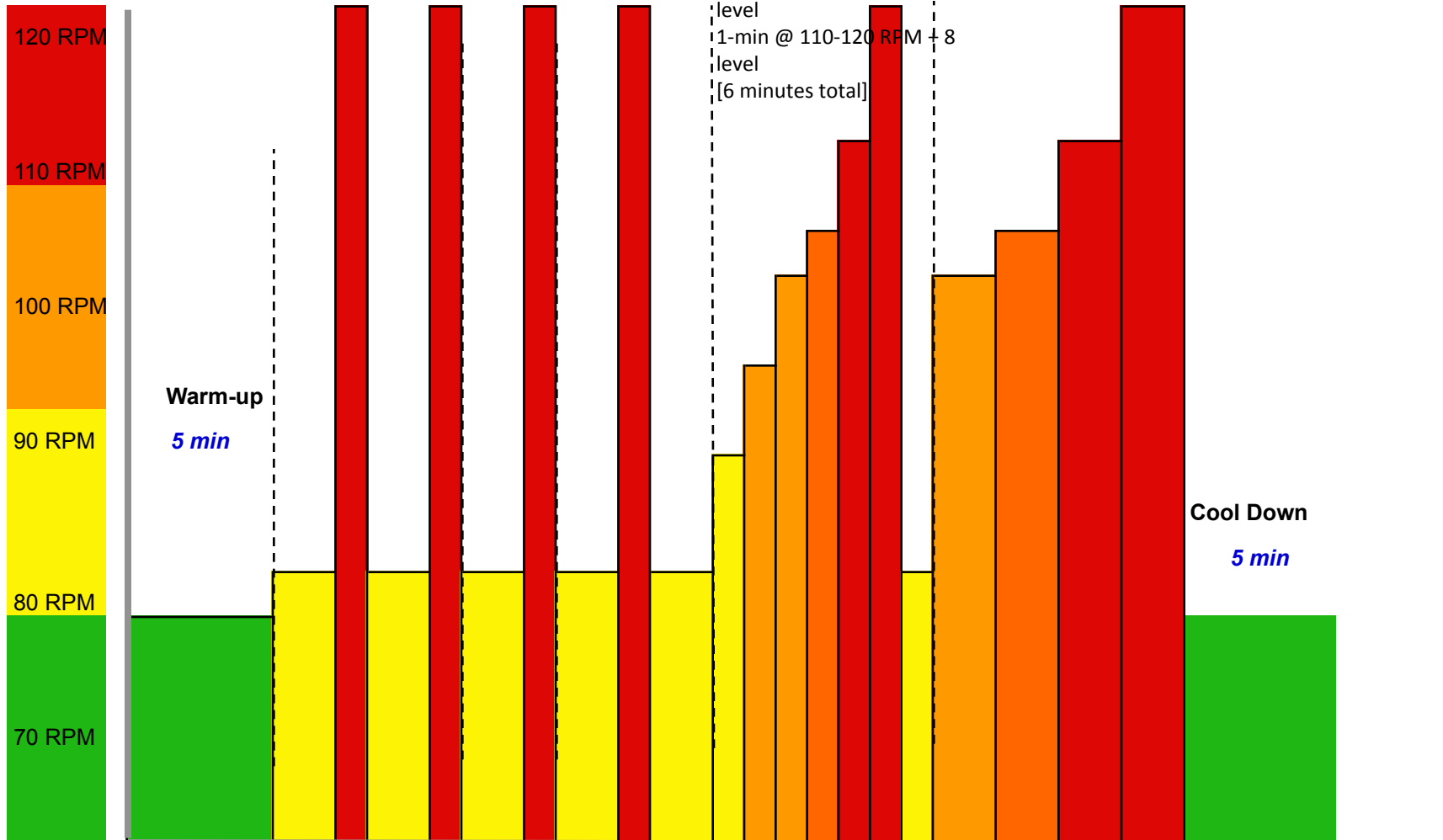
2-min @ 80 RPM
 1-min @ 110-120 RPM + 4-6 levels
 [14 minutes total]

Resisted Speed Challenge #1

1-min @ 85-90 RPM + 3 level
 1-min @ 90-95 RPM + 4 level
 1-min @ 95-100 RPM + 5 level
 1-min @ 100-105 RPM + 6 level
 1-min @ 105-110 RPM + 7 level
 1-min @ 110-120 RPM + 8 level
 [6 minutes total]

Resisted Speed Challenge #2

2-min @ 95-100 RPM + 5 level
 2-min @ 100-105 RPM + 6 level
 2-min @ 105-110 RPM + 7 level
 2-min @ 110-120 RPM + 8 level
 [8 minutes total]



<u>Track</u>	<u>Time</u>	<u>Description</u>
1	5:31	<p>Warm-Up</p> <p>We start off with a 5-minute warm-up at the Talk Test Pace to get your blood flowing and muscles warm.</p>
2	14:00:00	<p>Interval Challenge #1</p> <p>This first section features 4 work bouts at 110-120 RPM + 4-6 levels in resistance for 1-minute each. You'll have 2 minutes to recover in between each work interval.</p>
3	7:00	<p>Resisted Speed Challenge #1</p> <p>Plain and simple...we'll be increasing the speed by 5 RPMs and resistance by ONE additional level each minute during a total of 6 minutes of work.</p>
4	8:03	<p>Resisted Speed Challenge #2</p> <p>Similar to the previous challenge but this time we'll be increasing both speed and resistance every 2 minutes, 4 times.</p>
5	4:54	<p>Cool Down</p> <p>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.</p>
TOTAL	39:28:00	