

More pain

*Warm-up:*

10

3 Min build to L1 and hold

3 Min L2

3 Min as 45 seconds Max – 15 seconds Ez

1 Min Ez

*Main Set*

Notes

21

6 Min L2 (RPE 6/7)

1 Min L1 (RPE 3/4)

6 Min L2 (RPE 6/7)

1 Min L1 (RPE 3/4)

4 Min L2+ (RPE 7/8)

3 Min Ez

3 Min @ L3 - 4 min @ L1

21

4 min @ L3 - 3 min @ L1

3 min @ L3 - 4 min @ L2

*Cool-down:*

57

5 Min spin