

Base session

*Warm-up:*

10

3 Min build to L1 and hold
 3 Min L2
 3 Min as 30 seconds Max – 30 seconds Ez
 1 Min Ez

Main Set

Notes

25

4 x 6 min as:
 5 minutes L2
 1 min L1
 1 minute bonus rest

13

3 x 4 min as:
 2 min L3
 2 min L2
 1 minute bonus rest

9

3 x 3 min as:
 2 min L3
 1 min Ez

60

Cool-down:

3 Min spin