

## Kitchen sink 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

8  
 8 x  
 15 seconds max effort  
 45 sec Ez  
     1 minute bonus rest

18  
 6 x  
 2 min L2  
 1 min L1  
     1 minute bonus rest

14  
 2 x  
 4 min L2  
 2 min L3  
 1 min Ez

45

*Cool-down:*

5 Min spin