

Mixing it up

*Warm-up:*

3 Min build to L1 and hold
 3 Min L2
 1 min Ez

5 x 1 min as
 30 seconds max effort
 30 seconds Ez
 1 Min Ez

Main Set

Notes

3 x 6 min as:
 1 min L1
 2 min L2
 2 min L3
 1 min ez

1minute rest between

2 x 8 min as
 2 min L1
 2 min L2
 2 min L3
 1 min L2
 1 min L1

1 minute bonus rest between

Cool-down:

5 Min spin